

Slow Down

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Count: 32 **Wall:** 4 **Level:** Improver

Choreographer: Jane Nilsson , Sweden, May 2016

Music: Slow down - Douwe Bob, iTunes

S1. Chassé right, ¼ turn & chassé left, rocking chair

- 1&2** Step right to right, step left beside right, step right to right
- &3&4** Turn ¼ right & step left to left, step right beside left, step left to left
- 5-6** Rock forward on right, recover onto left
- 7-8** Rock backward on right, recover onto left

S2. Toe strut x 2, shuffle, ½ step turn

- 1-2** Touch right toe forward, step down on right
- 3-4** Touch left toe forward, step down on left
- 5&6** Step forward on right, step left beside right, step forward on right
- 7-8** Step forward on left, ½ turn right (weight on right)

S3. Vine, touch, ¼ turn, ½ turn, chassé ½ turn

- 1-2** Step left to left side, step right behind left
- 3-4** Step left to left side, touch right beside left
- 5-6¼ turn right stepping forward on right, ½ turn right stepping backwards on left**
- 7&8¼ turn right stepping right to side, step left beside right, step right to right**

On eighth wall (3 o'clock) step down on left and restart (facing 12 o'clock)

S4. Heel touch, hold, together x 2, shuffle, kick ball step

- 1-2** Touch left heel forward, hold
- &3-4** Step left beside right, touch right heel forward, hold
- &5&6** Step right beside left, step forward on left, step right beside left, step forward on left
- 7&8** Kick right forward, touch right ball beside left and lift left, step down on left

Repeat