

Slow Down Baby

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Count: 48

Wall: 2

Level: Intermediate

Choreographer: Ryan Wareing (Mar 08)

Music: Christina Aguilera - Slow Down Baby, Album - Back to Basics

Start on vocals

ROCK, RECOVER, OUT, OUT SHOULDER POPS, BALL CROSS, SIDE, TRIPLE FULL TURN, SIDE.

- 1,2,** Rock back on right foot, recover weight on to left foot.
- &3,** Step right to right side, step left foot to left side.
- &4,** Pop right shoulder, pop left shoulder.
- &5,6,** Step right foot next to left foot, cross left foot over right, step right foot to right side.
- 7&8,** Triple full turn over left shoulder stepping left, right, left.
- &** Step right foot to right side.

BEHIND, SIDE, HEEL, BALL CROSS, SIDE, HEEL, BALL, TOUCH, TOUCH, SALIOR ½ TURN.

- 1&2,** Step left foot behind right, step right to right side, touch left heel to left side,
- &3,** Step left foot to left side, cross right foot over left,
- &4,** Step left foot to left side, touch right heel to right side.
- &5,6,** Step right foot to right side, touch left toe forwards, touch left toe to left side.
- 7&8, ½ turn over left shoulder stepping left, right, left. (6 o'clock)**

RESTART on 5th wall end of this section (1st 16 counts)

SIDE, TOGETHER, CROSS SHUFFLE, ½ OUT, OUT, BOUNCE, BOUNCE.

- 1, 2,** Step right foot to right side, step left foot next to right foot.
- 3&4,** Cross right foot over left foot, step left foot to left side, cross right foot over left foot.
- 5, ¼ turn over left shoulder stepping left foot to left side (9 o'clock).**
- 6,** Step right foot to right side.
- 7, 8,** Roll hips anti-clockwise twice while bending your knees during each rotation. (transfer weight on to your left foot)

BALL CROSS, KICK BALL CROSS, ROCK AND CROSS, TURN $\frac{1}{4}$, TURN $\frac{1}{2}$, TURN $\frac{1}{2}$

- &1** Step right foot next to left, cross left foot over right.
- 2&3** Kick right foot to the diagonal, step right foot to right side, cross left foot over right.
- 4&5** Rock right foot to right side, recover weight on to left foot, cross right foot over left.
- 6, $\frac{1}{4}$ turn over left shoulder step left foot forward. (12 o'clock)**
- 7, $\frac{1}{2}$ turn over left shoulder step back on the right. (6 o'clock)**
- 8, $\frac{1}{2}$ turn over left shoulder step left foot forward. (12 o'clock)**

RIGHT SHUFFLE, ROCK RECOVER $\frac{1}{4}$, BEHIND SIDE CROSS, HIP BUMPS X2 WITH A SIDE

- 1&2,** Step right foot forward, step left foot next to right, step right foot forward.
- 3&,** Rock forward on the left foot, recover weight on to right foot,
- 4, $\frac{1}{4}$ turn over left shoulder stepping left foot to left side. (3 o'clock)**
- 5&6,** Step right foot behind left, step left foot to left side, cross right foot over left.
- 7&8,** Bump hips left, right, left – stepping left foot to left side.

ROCK RECOVER $\frac{1}{4}$, STEP $\frac{1}{2}$ PIVOT, KICK, BALL, TOUCH, BALL, SIDE ROCK RECOVER STEP.

- 1&,** Rock forward on the right foot, recover weight on left.
- 2, $\frac{1}{4}$ turn over right shoulder step right foot forward.**
- 3, 4** Step left foot forward, $\frac{1}{2}$ pivot turn over right shoulder, weight on to right. (6 o'clock)
- 5&6** Kick left foot forward, step left foot next to right, touch right toe next to left foot.
- &7** Step right foot next to left, rock left foot to left side.
- &8** Recover weight on right, step left foot next to right.

START AGAIN