

Slow & Steady

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Count: 48 **Wall:** 2 **Level:** Improver

Choreographer: Madeleine Jones (January 2010)

Music: Slow & Steady By Jason Mitchell C.D. Single (129bpm)

56 Count Intro Start on the word "LOVE"

Cross rock recover, Side, Hold, Cross rock recover, Turn $\frac{1}{4}$., Hold.

1-2-3-4 Cross rock right over left, Recover back on left, Step right to right side, Hold.

5-6-7-8 Cross rock left over right, Recover back on right, step forward on left turning $\frac{1}{4}$ left, Hold.

Mambo forward, Hold, Sweep behind side cross, Hold.

1-2-3-4 Rock forward right, Recover on left, Step back on right, Hold.

5-6-7-8 Sweep left foot around behind right, Step right to right side, Step left across right, Hold.

Step, Turn $\frac{1}{4}$ left, Cross, Hold, Sway hips left right left, Hold.

1-2-3-4 Step forward on right, Pivot $\frac{1}{4}$ left on left, Step right across left, Hold.

5-6-7-8 Step left swaying hips left, Sway hips right, Sway hips left, Hold.

Mambo back, Hold, Step turn $\frac{1}{2}$ right, Hold.

1-2-3-4 Rock back on right, Recover on left, Step right foot forward, Hold.

5-6-7-8 Step left foot forward, Pivot $\frac{1}{2}$ turn right, Step forward left, Hold.

Run right left right Hold, Forward rock recover, Hold.

1-2-3-4 Step forward right, Step forward left, Step forward Right, Hold.

5-6-7-8 Step forward on left, Recover weight on right, Step forward on left turning $\frac{1}{2}$ left, Hold.

(Steps 1-2 can be replaced with a full turn left).

Two $\frac{1}{2}$ turns left, Hold, Cross rock recover side, Hold.

1-2-3-4 Step back on right foot making $\frac{1}{2}$ turn left, Step forward on left turning $\frac{1}{2}$ left, Step forward right, Hold.

5-6-7-8 Cross rock left foot over right, Recover weight on right, Step left to left side, Hold.

(Easy option for steps 1-2 Walk left, right instead of doing full turn).

Start again, enjoy.

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Source: LineDance.com — https://www.linedance.com/index.php?f=dance_view&id=79168