

REWIND REAL SLOW

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Count: 32

Wall: 2

Level: beginner/intermediate social cha

Choreographer: Mardi Wray & Linda Dellett

Music: Living In Fast Forward by Kenny Chesney

SHUFFLE FORWARD RIGHT-LEFT-RIGHT, LEFT-RIGHT-LEFT, PADDLE TURNS LEFT

- 1&2** Shuffle forward right-left-right
- 3&4** Shuffle forward left-right-left
- 5-6** Step forward on right, $\frac{1}{4}$ turn left (right-left)(weight onto left foot)
- 7-8** Step forward on right, $\frac{1}{4}$ turn left (right-left)(weight onto left foot)

SHUFFLE FORWARD RIGHT-LEFT-RIGHT, LEFT-RIGHT-LEFT, PADDLE TURNS LEFT

- 9&10** Shuffle forward right-left-right
- 11&12** Shuffle forward left-right-left
- 13-14** Step forward on right, $\frac{1}{4}$ turn left (right-left)(weight onto left foot)
- 15-16** Step forward on right, $\frac{1}{4}$ turn left (right-left)(weight onto left foot)

CROSS ROCK / SIDE SHUFFLES

- 17-18** Rock right over left, rock back onto left
- 19&20** Side shuffle - right, left, right
- 21-22** Rock left over right, rock back onto right
- 23&24** Side shuffle - left, right, left

CROSS, UNWIND, HIP BUMPS

- 25-28** Cross right over left, slowly unwind $\frac{1}{2}$ turn to the left for 3 counts, ending on left
- 29-30** Bump hips to the right 2 times
- 31-32** Bump hips to the left 2 times

REPEAT

TAG

At the end of sets 2 and 5, repeat right and left hip bumps. This will keep your unwinds in time with "I need to rewind real slow"

Vaudeville steps / optional steps for counts 17-24 (cross rock /side shuffles)

17&18& Step right over left, step back on left, touch right heel forward, step onto right

19&20& Step left over right, step back on right, touch left heel forward, step onto left

21&22& Step right over left, step back on left, touch right heel forward, step onto right

23&24& Step left over right, step back on right, touch left heel forward, step onto left