

# SLOW POKIN'

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**Count:** 56

**Wall:** 4

**Level:** intermediate

**Choreographer:** Waylon Robbins

**Music:** Heart's Desire by Lee Roy Parnell

**Begin with feet shoulder width apart**

## HEEL BOUNCES, ½ TURNS, MOON JUMP

- 1-4 Keeping balls of both feet on floor, tap (bounce) heels to floor 4 times (shifting weight to left on step #4)
- 5 Step forward on right
- 6 Pivot ½ turn left (6:00), changing weight to left
- & Step right out to right side
- 7 Step left out to left side
- 8 Hold & clap

## HEEL BOUNCES, ½ TURNS, MOON JUMP

- 1-4 Keeping balls of both feet on floor, tap (bounce) heels to floor 4 times (shifting weight to left on step #4)
- 5 Step forward on right
- 6 Pivot ½ turn left (12:00), changing weight to left
- & Step right out to right side
- 7 Step left out to left side
- 8 Hold & clap

## ¼ TURNS, ½ TURN

- 1 Making ¼ turn right (3:00), step on right
- 2 Touch left beside right and clap
- 3 Making ¼ turn left (12:00), step on left
- 4 Touch right beside left and clap
- 5 Making ¼ turn right (3:00), step on right
- 6 Touch left beside right and clap

7 Making ½ turn to left (9:00), step on left

8 Touch right beside left and clap

### **KICKS, SIDE STEP TOUCHES**

1 Kick right forward

2 Kick right out to side

3 Step back on right

4 Kick left forward

5 Step left out to side

6 Touch right toe beside left, snapping hands out to front

7 Step right out to right side

8 Touch left toe beside right, snapping hands out to front

### **KICKS, SIDE STEP TOUCHES**

1 Kick left forward

2 Kick left out to left side

3 Step back on left

4 Kick right forward

5 Step right out to right side

6 Touch left toe beside right, snapping hands out to front

7 Step left out to left side

8 Touch right toe beside left, snapping hands out to front

### **½ PIVOTS**

1 Step forward on right

2 Pivot ½ turn left (3:00), changing weight to left

3 Step forward on right

4 Pivot ½ turn left (9:00), changing weight to left

### **FORWARD (KEEP FEET SHOULDER WIDTH APART)**

5 Step slightly forward on right

& Step forward on left to beside right

- 6 Hold & clap
- 7 Step slightly forward on right
- & Step forward on left to beside right
- 8 Hold & clap

### **REVERSE & FORWARD (KEEP FEET SHOULDER WIDTH APART)**

- 1 Step slightly back on right
- & Step back on left to beside right
- 2 Hold & clap
- 3 Step slightly forward on right
- & Step forward on left to beside right
- 4 Hold & clap
- 5 Step slightly back on right
- & Step back on left to beside right
- 6 Hold & clap
- 7 Step slightly forward on right
- & Step forward on left to beside right
- 8 Hold & clap

### **REPEAT**