

# SLOW MOTION

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**Count:** —                      **Wall:** 1                      **Level:** intermediate

**Choreographer:** Jamie Marshall

**Music:** Slow Motion by Lori Lee

**Sequence:** AB, AB, AB, A

**For music, call Jamie or Team Management at 615-446-6683**

## PART A

- 1-2** Skate right, left
- 3&4** Shuffle forward diagonally to the right (right, left, right)
- 5&6&** Rock forward on left foot, recover on right foot, rock back on left foot, recover on right foot
- 7&8&(Turning diagonally left) rock forward on left foot, recover on right foot, rock back on left foot, recover on right foot**
- 9-10** Skate left, right
- 11&12** Shuffle forward diagonally to the left (left, right, left)
- 13&14&** Rock forward on right foot, recover on left foot, rock back on right foot, recover on left foot
- 15&16&(Turning to center) rock forward on right foot, recover on left foot, rock back on right foot, recover on left foot**
- 17-18** Tap right foot next to left, kick right foot forward
- 19&20** Back shuffle right, left, right
- 21&22** Pivot  $\frac{1}{2}$  left stepping forward on left foot, pivot  $\frac{1}{2}$  left stepping back on right foot, cross-hitch left
- 23&24** Forward shuffle left, right, left
- 25-26** Step right foot forward, roll hips turning  $\frac{1}{4}$  left and taking weight on left foot
- 27-32** Repeat 25-26 three more times, completing a full turn

- 33&34** Step right foot forward across left, step left foot to left, step right foot next to left foot with 1/8 turn right
- 35&36** Step left foot forward across right, step right foot to right, step left foot next to right foot with 1/8 turn left
- 37&38** Step right foot across left stepping back, small step with left foot to left, step right foot next to left with 1/8 turn right
- 39&40** Step left foot across right foot stepping back, small step with right foot to right, step left foot next to right foot facing center
- 41-43** Step right foot to right, rock forward on left foot, recover on right foot
- 44&45-46** Step left foot to left, step right foot next to left foot, step left foot to left turning  $\frac{1}{4}$ , step right foot forward
- 47-48&49** Pivot  $\frac{1}{4}$  right on right foot, hitch left knee (facing original wall), step left foot to left, step right foot next to left, step left foot to left
- 50-51-52&** Rock right foot forward, recover on left foot, step right foot to right, step left foot next to right
- 53-54** Step right foot to right turning  $\frac{1}{4}$ , step left foot forward
- 55-56** Pivot  $\frac{1}{4}$  left on left foot, hitch right foot (facing original wall), step right foot to right

## **PART B**

- 1-4** Sway hips left, right, left, right dragging left foot next to right foot with touch on count 4
- 5&6** Step left foot to left, step right foot next to left foot, step left foot to left
- 7-8** Cross right foot across left foot, pivot  $\frac{1}{2}$  left keeping weight on right foot
- 9-12** Sway hips left, right, left, right dragging left foot next to right foot with touch
- 13&14** Step left foot to left, step right foot next to left, step left foot to left
- 15-16** Rock right foot back, recover on left foot

## **PART B**

**Dance Part B steps 1-8 three times in a row, then 9-16**

