

Slow Down

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Count: 32 **Wall:** 2 **Level:** Newcomer / Novice

Choreographer: Sabrina v/d Heuvel & Nancy Reijnders-Spronck – June 2016

Music: Slow Down by Douwe Bob

Introduction 32 counts, start on approx 19 sec

SIDE ROCK, RECOVER, CROSS SHUFFLE, SIDE STEP, ½ TURN, SHUFFLE

1 - 2RF Side rock, Recover on LF

3 &4RF Cross over LF, Step LF next to RF, Cross RF over LF

5 - 6LF Side Step, ½ Turn Step RF forward (facing 6.00)

7 &8 Step LF forward, step RF next to LF, Step LF forward

CROSS STEP,SIDE TOUCH, SAILOR STEP, SAILOR STEP, ROCK, RECOVER

1 - 2RF Cross step, LF Touch to LF side

3 &4LF Cross behind RF, RF Step to R, LF Step to L

5 &6RF Cross behind LF, LF Step to L, RF Step to R

7 &8LF Rock, RF Recover

FULL TURN, SHUFFLE, ROCK, RECOVER, COASTERSTEP

1 - 2½ Turn L, ½ Turn L and close RF to LF (facing 12.00)

3 &4 Step LF forward, Step LF next to RF, Step LF forward

5 -6RF Rock, LF Recover

7 &8 Step RF behind, Step LF next to RF, Step RF forward

PIVOT ½ TURN, SHUFFLE, HIEL, HIEL,TOE, HIEL

1 - 2LF Step forward, ½ turn weight on RF (facing 6.00)

3 &4 Step LF forward, Step LF next to RF, Step LF forward

5 - 6 Right Heel, Left Heel

7 - 8 Right Toe, Left Heel

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Source: LineDance.com — https://www.linedance.com/index.php?f=dance_view&id=111930