

# SLOW DOWN

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Count: — Wall: — Level: —

Choreographer: Mecky Martino

Music: Slow Down Baby by Christina Aguilera

Sequence: AAB, AAB, AB, AA

## PART A

### RIGHT FORWARD, ¼ SAILOR STEP, TOUCH, POINT, TOGETHER, ¼ SAILOR SKATE, SKATE

- 1-2&3** Step right forward, step left behind making ¼ turn left, step right to right, step left to left (sailor step)
- &4** Touch right next to left (&), point right to right
- 5-6&7** Step right next to right, step left behind making ¼ turn left, step right to right, skate forward with left
- 8** Skate forward with right (6:00)

### ¼ TURN TRIPLE LEFT-RIGHT-LEFT, BRUSH, SIDE, TOGETHER, BACK, TURN STEP, PRESS, RECOVER, ROCK, RECOVER

- 1&2** Make ¼ turn left and triple forward left-right-left
- &3&4** Brush right slightly forward, step right to right and slightly back, step left next to right, step right back
- 5&6** Make ¼ turn left stepping left forward, touch right next to left, point right to right and press with weight (12:00)
- 7-8&** Recover weight onto left, rock right back, recover onto left

**At times during the dance, there is a stop on beat 6. The count then will be:**

- 7&8&** Hold, recover weight onto left, rock right back, recover onto left

### STEP RIGHT TO 2:00, ROCKING HORSE, TOGETHER, STEP RIGHT TO 5:00, ROCKING HORSE, TOGETHER

- 1-2&** Step right diagonally to 2:00, rock left forward, recover onto right
- 3&4** Rock left back, recover onto right, step left next to right
- 5-6&** Step right diagonally to 5:00, rock left forward, recover onto right

**7&8** Rock left back, recover onto right, step left next to right (5:00)

**STEP RIGHT TO 9:00, ROCK STEP STEP, ROCK STEP STEP, BALL, STEP, TURN, BALL, STEP**

**1-2&3** Turn to 9:00 stepping right forward, rock left across right moving shoulders back, recover onto right, step left to left

**4&5** Rock right across left moving shoulders back, recover onto left, step right to right (9:00)

**6&7** Step left behind right, step right in place, step left next to right making  $\frac{1}{4}$  left

**&8** Ball step right slightly behind left (&), step left in front of right making  $\frac{1}{4}$  turn left (3:00)

**PART B**

**STEP, CROSS, ROCK, RECOVER, TURN, TURN, STEP, CROSS, ROCK, RECOVER, STEP, TOGETHER**

**1-2-3&** Large step right to right, step left across right, rock and press right to right, recover onto left

**4&** Step right behind left, step left forward making  $\frac{1}{4}$  turn left

**5-6-7&** Large step right to right making  $\frac{1}{4}$  turn left, step left across right, rock and press right to right, recover onto left

**8&** Step right behind left, step left next to right

**BACK, BACK, MAMBO BACK, MAMBO LEFT, STEP, PIVOT, STEP**

**1-2** Step right back, step left back

**3&4** Step right back, step left in place, step right next to left (mambo back)

**5&6** Step left to left, step right in place, step left next to right (mambo left)

**7&8** Step right forward, pivot  $\frac{1}{4}$  turn left moving hips forward, replace weight on left moving hips to left

**1-8** Repeat first 8 steps of part b

**HEEL, STEP, TOUCH, STEP, HEEL, STEP, TURN CHASSE LEFT-RIGHT-LEFT, PRESS, RECOVER, ROCK, RECOVER**

**1&2&** Touch right heel in front of left, step right next to left, touch left toe next to right, step left next to right

- 3&4&5** Touch right heel in front of left, step right next to left, making  $\frac{1}{4}$  turn right step left to left, step right next to left, step left to left
- 6-7&8&** Point right to right and press with weight, recover weight onto left, rock right back, recover onto left

**At times during the dance, there is a stop on beat 6. The count then will be:**

- 7&8&** Hold, recover weight onto left, rock right back, recover onto left

**The stops will occur on the 1st, 3rd, and 6th Part A. Also on the 2nd and 3rd Part B**