

# Slow Motion

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**Count:** 64

**Wall:** —

**Level:** Phrased Intermediate

**Choreographer:** Paola Testi (Jan 2014)

**Music:** Pontoon by Little Big Town

**Sequence : AAB Tag ABA Tag BAA**

**Part A - 32 counts**

**WALK FORWARD, ROCK,  $\frac{3}{4}$  TURN LEFT, CROSS, SIDE STEP, CROSS**

**1-2**walk forward right, left

**3&4**right step forward, recover on left foot, right step back

**5-6**touch left toe behind,  $\frac{1}{2}$  turn left (weight on right foot)

**7&8**turn  $\frac{1}{4}$  left sweeping left foot from forward to back (3:00) behind right foot, right step to right, cross left over right

**SIDE STEP,CROSS BEHIND, SIDE STEP, HEEL TOUCH, CROSS ,  $\frac{1}{2}$  TURN, CROSS,SIDE,CROSS**

**1-2**right step to right , cross left behind

**&3&4**right step to right, touch left heel slightly diagonal, left step together, cross right over left

**5-6**turning  $\frac{1}{4}$  right left step back, turning  $\frac{1}{4}$  right step side (9:00)

**7&8**cross left over right foot, right step side , cross left over right foot

**SIDE ROCK STEP,  $\frac{1}{4}$  TURN LEFT, SHUFFLE BACK**

**1&2**right step to right, recover, cross right over left

**3&4**left step to left, recover, cross left over right

**5-6**right step to right, kick left turning  $\frac{1}{4}$  left (6:00)

**7&8**shuffle back left-right-left

## **ROCK BACK, FULL TURN,HEEL ,STEP, STEP TOGETHER**

**1-2right step back , recover**

**3-4left full turn (right, left ) option: two step forward=right, left**

**5&6touch right heel forward, right step, left step together**

**7&8repeat 5&6**

## **Part B - 32 counts**

### **TOUCH SIDE, ½ TURN RIGHT, TOUCH SIDE 2 X SAILOR STEP**

**1&2touch right toe to right, turning ½ right step on site ,touch left toe to left (6:00)**

**&3&4step left together, touch right toe to right, step right together, touch left toe to left**

**5&6cross left behind right, step right slightly to right, step left slightly to left**

**7&8cross right behind left, step left slightly to left , step right slightly to right**

### **KICK BALL CHANGE,ROCK FORWARD, SHUFFLE ½ TURNING LEFT, SIDE ROCK**

**1&2left kick forward, left step together, right step**

**3-4left rock forward, recover,**

**5&6left shuffle turning ½ left :left-right-left(12:00)**

**7&8right rock to right, recover, cross right over left**

### **TOUCH FORWARD, TOUCH SIDE, SAILOR ¼ TURNING LEFT, TOUCH FORWARD, TOUCH SIDE, SAILOR ¼ TURNING RIGHT**

**1-2touch forward with left toe, touch side with left toe**

**3&4turning ¼ left : cross left behind right foot, step right slightly to right, step left to left**

**5-6touch forward with right toe, touch side with right toe**

**7&8turning ¼ right : cross right behind left foot, step left slightly to left, step right to right**

**STEP BACK, HOLD, STEP BACK, HOLD, SIDE ROCK WITH SHOULDER MOVEMENT, SIDE TOUCH, HITCH**

**1-2left step back, hold**

**&3-4right step together, left step back, touch right toe together**

**5-6right step to right(pushing with attitude right shoulder up ), recover (pushing with attitude left shoulder up)**

**7-8step right to side, recover to left bending right leg**

**TAG (16 COUNTS)**

**SIDE ROCK STEP , WAVE**

**1-2- 3&4right step to right , recover, cross right behind left, left step to left, cross right over left**

**5-6-7&8left step to left , recover, cross left behind right, right step to right, cross left over right**

**STEP, ½ TURN, COASTER STEP, ½ TURN, STEP ,ANCHOR STEP**

**1-2right step forward, ½ turning right left step back**

**3&4right step back, left together, right step forward**

**5-6½ turning right left step back, right step back**

**7&8left step back (3rd position), step right on site , left step.**

**FINAL: On last part A, last section replace 1-2 ROCK BACK ON RIGHT, RECOVER with:**

**&1RIGHT STEP BACK TOUCHING LEFT HEEL FORWARD.**

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