

Slow Down

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Count: 64 **Wall:** 2 **Level:** Intermediate

Choreographer: Bonita Malone - April 2020

Music: "Slow Down" by Gone West

*****3 Tags: after Walls 2, 4, 6**

*** Restart after 32 counts of Wall 5**

(1 - 8) SAILOR STEP, CROSS, SIDE, POINT FRONT, STEP, POINT FRONT, STEP

- 1&2** Sailor step R,L,R (1&2)
3, 4 Step L cross frt (3), step R side (4)
5, 6 Point L fwd (5), step L (6)
7, 8 Point R fwd (7), step R (8)

(9 - 16) ROCK BACK ON L, RECOVER, L SIDE SHUFFLE, JAZZ BOX ¼ TURN R

- 1, 2** Rock back on L (1), recover (2)
3&4 Step L side (3), step R together (&), step L side (4)
5, 6 Step R cross frt (5), step back on L (6)
7, 8¼ turn step R (7), step L slightly fwd (8) [3:00]

(17 - 24) ROCK FWD R, RECOVER, BACK SHUFFLE, ROCK BACK L, RECOVER, STEP L, ¼ PIVOT TURN R

- 1, 2** Rock fwd R (1), recover (2)
3&4 Step R back (3), step together L (&), step R back (4)
5, 6 Rock back on L (5), recover (6)
7, 8 Step L fwd (7), ¼ turn step R (8) [6:00]

(25 - 32) STEP L CROSS FRT, STEP R SIDE, ROCK BACK L, RECOVER, ¼ TURN STEP L, STEP R ½ PIVOT TURN, STEP FWD R

- 1, 2** Step L cross frt (1), step R side (2)
3, 4 Rock back on L (3), recover (4)
5, 6¼ turn step L (5), step R fwd (6) [3:00]

7, 8½ pivot turn to L (7), step R fwd (8) [9:00]

RESTART HERE on Wall 5, hold count 8 to remain on L facing 12:00

(33-40) ROCK FWD L, RECOVER, COASTER STEP, POINT FRT, STEP, POINT FRT, STEP

1, 2 Rock fwd on L (1), recover (2) [9:00]

3&4 Coaster step L,R,L (3&4)

5, 6 Point R fwd (5), step L (6)

7, 8 Point L fwd (7), step R (8)

(41-48) ROCKING CHAIR, JAZZ BOX ¼ TURN

1, 2 Rock fwd R (1), recover (2)

3, 4 Rock back R (3), recover (4)

5, 6 Step R cross frt (5), step back on L (6)

7, 8¾ turn step R (7), step close L (8) [12:00]

(49-56) FORWARD RHUMBA BOX

1, 2 Step R side (1), step together L (2)

3, 4 Step R fwd (3), hold (or touch L next to R) (4)

5,6 Step L side (5), step together R (6)

7, 8 Step L back (7), hold (or touch R next to L) (8)

(57-64) STEP R SIDE, CROSS ROCK FRT L, RECOVER, STEP L SIDE, ROCK BACK R, RECOVER, STEP R ¼ TURN, ¼ TURN STEP L SIDE

1, 2 Step R side (1), cross rock frt L (2)

3, 4 Recover (3), step L side (4)

5, 6 Rock back on R (5), recover (6)

7, 8 Step R ¼ turn (7), ¼ turn step L side [6:00]

TAG #1 after Wall 2 begin and end at 12:00

TAG #1 and TAG #2 after Wall 4 begin and end at 12:00

TAG #1 and TAG #2 after Wall 6 begin and end at 6:00

TAG #1

(1-8) CROSS BACK ON R, STEP L SIDE, TOUCH R, STEP R SIDE, CROSS BACK ON L, STEP R SIDE, TOUCH L, STEP L SIDE

- 1, 2** Step R cross back (1), step L side (2)
3, 4 Touch R next to L (3), step R side (4)
5, 6 Step L cross back (5), step R side (6)
7, 8 Touch L next to R (7), step L side (8)

TAG #2

(1-8) CROSS BACK ON R, ¼ TURN STEP L, STEP R FWD, ¼ PIVOT TURN L, CROSS BACK, ¼ TURN STEP L, STEP R FWD, ¼ PIVOT TURN L

- 1, 2** Step R cross back (1), ¼ turn step L (2)
3, 4 Step R fwd (3), ¼ pivot turn step L (4) [6:00]
5, 6 Step R cross back (5), ¼ turn step L (6)
7, 8 Step R fwd (7), ¼ pivot turn step L (8) [12:00]

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