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Slow & Steady

IMPROVER

48 Count 2 Walls

Choreographed by: Madeleine Jones Choreographed to: (Everything I Do) I Do It For You by Brandy

56 Count Intro Start on the word 'LOVE'

	Start again, enjoy.
	(Easy option for steps 1-2 Walk left, right instead of doing full turn).
5 - 8	Cross rock left foot over right, Recover weight on right, Step left to left side, Hold.
6 1 - 4	Two 1/2 turns left, Hold, Cross rock recover side, Hold. Step back on right foot making 1/2 turn left, Step forward on left turning 1/2 left, Step forward right, Hold.
	(Steps 1-2 can be replaced with a full turn left).
5 1 - 4 5 - 8	Run right left right Hold, Forward rock recover, Hold. Step forward right, Step forward left, Step forward Right, Hold. Step forward on left, Recover weight on right, Step forward on left turning 1/2 left, Hold
4 1 - 4 5 - 8	Mambo back, Hold, Step turn 1/2 right, Hold. Rock back on right, Recover on left, Step right foot forward, Hold. Step left foot forward, Pivot 1/2 turn right, Step forward left, Hold.
3 1 - 4 5 - 8	Step, Turn 1/4 left, Cross, Hold, Sway hips left right left, Hold. Step forward on right, Pivot 1/4 left on left, Step right across left, Hold. Step left swaying hips left, Sway hips right, Sway hips left, Hold.
2 1 - 4 5 - 8	Mambo forward, Hold, Sweep behind side cross, Hold. Rock forward right, Recover on left, Step back on right, Hold Sweep left foot around behind right, Step right to right side, Step left across right, Hold.
1 1 - 4 5 - 8	Cross rock recover, Side, Hold, Cross rock recover, Turn 1/4., Hold. Cross rock right over left, Recover back on left, Step right to right side, Hold. Cross rock left over right, Recover back on right, step forward on left turning 1/4 left, Hold.