

Slow Down

64 Count, 4 Wall, Intermediate

Choreographer: Tim Gauci (Australia)

April 2014

Choreographed to: Slow Down by Selena Gomez (iTunes)

Begin dance on lyrics 16 beats in

Sequence – 64, Tag, 32, 64, Tag, 64, Tag, 32, 64

1-8 WALK LR, ¼ BALL CROSS, SIDE, ½ TURN SAILOR CROSS, BALL CROSS, SIDE, TOG 9.00

12&34 Walk fwd LR, making ¼ turn R step L to L side (&), cross R over L, step L to L side
5&6&7&8 Making ½ turn R swing the R foot from front to back step R behind L, step L to L (&), step R over L, step L to L (&), step R over L, step L to L, step R tog (&)

9-16 CROSS, SIDE, BEHIND, SIDE, HEEL, TOG, CROSS, SIDE, TOUCH, UNWIND ¾ 6.00

12&3&4& Step L over R, step R to R, step L behind R, step R to R (&), touch L heel at L45, step L tog (&)
5678 Cross R over L, step L to L, touch R behind L, unwind ¾ R (weight R)

17-24 FWD, TOG, BACK, BACK, ½, FWD, TOG, BACK, ¼, POINT, ¼ 12.00

1&234 Step L fwd, step R tog (&), step L back, step R back, making ½ turn L step L fwd
5&6&7&8 Step R fwd, step L tog (&), step R back, making ¼ turn L step L to L (&), point R toe to R side, making ¼ turn R step R fwd

25-32 ½, ¼, ROCK, CROSS SHUFFLE, SIDE, ROCK, TOG, SIDE, ROCK, TOG 9.00

12&3&4 Making ½ turn R step L back, making ¼ turn R step R to R, rock weight onto L (&), shuffle R over L
56&7&8 Step L to L, rock weight onto R, step L tog (&), step R to R, rock weight onto L, step R tog (&)

33-40 FWD, ½, BACK, TOG, HEEL, TOG, WALK RL, FWD, ROCK, BACK, TOG 3.00

12&3&4& Step L fwd, making ½ turn L step R back, step L back, step R tog (&), touch L heel fwd, step L tog (&)
567&8& Walk fwd RL, step R fwd, rock weight onto L (&), step R back, step L tog (&)

41-48 BACK, HOLD, TOG, BACK, HOLD, TOG, BAC, ROCK, FULL TURN FWD 3.00

12&34& Step R back, hold, step L tog (&), step R back, hold, step L tog (&)
5678 Step R back, rock weight fwd onto L, making ½ turn L step R back, making ½ turn L step L fwd

49-56 STEP, TOUCH, STEP, TOUCH, TOG, CROSS, BACK, SIDE, CROSS 3.00

12 Step R to R dipping knees, touch L toe at L45,
34& Step L to L dipping knees, touch R toe at R45, step R tog (&)
5678 Cross L over R, step R back, step L to L, cross R over L

57-64 POINT, TOG, POINT, TOG, HEEL, TOG, HEEL, COASTER STEP, STEP, PIVOT

1&2& Touch L toe to L, step L tog (&), touch R toe to R, step R tog (&),
3&4 Touch L heel fwd, step L tog (&), touch R heel fwd 3.00
5&678 Step R back, step L tog (&), step R fwd, step L fwd, pivot ½ R 9.00

TAG: 16 beat 'Slow Down' Tag

1-8 SIDE DRAG, BEHIND, SIDE, CROSS, ¼, ¼, CROSS, SIDE DRAG, BACK, ROCK, SIDE DRAG, BEHIND, ¼

12&3 Step L to L dragging R tog, step R behind L, step L to L (&), cross R over L,
&4& Making ¼ turn R step L back (&), making ¼ turn R step R to R, cross L over R (&)
56& Step R to R dragging L tog, step L back, rock weight fwd onto R (&),
78& Step L to L dragging R tog, step R behind L, making ¼ turn L step L fwd (&)

9-16 SIDE DRAG, BEHIND, SIDE, CROSS, ¼, ¼, CROSS, SIDE DRAG, BACK, ROCK, SIDE DRAG, BEHIND, ¼

12& Step R to R dragging L tog, step L behind R, step R to R (&),
3&4& Cross L over R, making ¼ turn L step R back (&), making ¼ turn L step L to L, cross R over L (&)
56& Step L to L dragging R tog, step R back, rock weight fwd onto L (&),
78& Step R to R dragging L tog, step L behind R, making ¼ turn R step R fwd (&)