



Web site: www.linedancerweb.com

E-mail: admin@linedancerweb.com

Slow Down

32 Count, 4 Wall, Improver

Choreographer: Jane Nilsson (SE) May 2016

Choreographed to: Slow Down by Douwe Bob

Starts after the tic tac (8 counts)

Section 1 Chassé Right, ¼ Turn & Chassé Left, Rocking Chair

1&2 Step right to right, step left beside right, step right to right
&3&4 Turn ¼ right & step left to left, step right beside left, step left to left
5-6 Rock forward on right, recover onto left
7-8 Rock backward on right, recover onto left

Section 2 Toe Strut X 2, Shuffle, ½ Step Turn

1-2 Touch right toe forward, step down on right
3-4 Touch left toe forward, step down on left
5&6 Step forward on right, step left beside right, step forward on right
7-8 Step forward on left, ½ turn right (weight on right)

Section 3 Vine, Touch, ¼ Turn, ½ Turn, Chassé ½ Turn

1-2 Step left to left side, step right behind left
3-4 Step left to left side, touch right beside left
5-6 ¼ turn right stepping forward on right, ½ turn right stepping backwards on left
7&8 ¼ turn right stepping right to side, step left beside right, step right to right
On eighth wall (3 o'clock) step down on left and restart (facing 12 o'clock)

Section 4 Heel Touch, Hold, Together X 2, Shuffle, Kick Ball Step

1-2 Touch left heel forward, hold
&3-4 Step left beside right, touch right heel forward, hold
&5&6 Step right beside left, step forward on left, step right beside left, step forward on left
7&8 Kick right forward, touch right ball beside left and lift left, step down on left

Repeat

Linedancer, 166 Lord Street, Southport, United Kingdom, PR9 0QA

Tel: +44 (0)1704 392300 Fax: +44 (0)871 900 5768^{charged at 10p per minute}