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Slow Down

32 Count, 2 Wall, Improver

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Choreographed to: Slow Down by Douwe Bob

Introduction 32 counts, start on approx 19 sec

Section 1 Side Rock, Recover, Cross Shuffle, Side Step, ½ Turn, Shuffle

1 - 2 RF Side rock, Recover on LF
3 &4 RF Cross over LF, Step LF next to RF, Cross RF over LF
5 - 6 LF Side Step, ½ Turn Step RF forward (facing 6.00)
7 &8 Step LF forward, step RF next to LF, Step LF forward

Section 2 Cross Step, Side Touch, Sailor Step, Sailor Step, Rock, Recover

1 - 2 RF Cross step, LF Touch to LF side
3 &4 LF Cross behind RF, RF Step to R, LF Step to L
5 &6 RF Cross behind LF, LF Step to L, RF Step to R
7 &8 LF Rock, RF Recover

Section 3 Full Turn, Shuffle, Rock, Recover, Coaster Step

1 - 2 ½ Turn L, ½ Turn L and close RF to LF (facing 12.00)
3 &4 Step LF forward, Step LF next to RF, Step LF forward
5 - 6 RF Rock, LF Recover
7 &8 Step RF behind, Step LF next to RF, Step RF forward

Section 4 Pivot ½ Turn, Shuffle, Heel, Heel, Toe, Heel

1 - 2 LF Step forward, ½ turn weight on RF (facing 6.00)
3 &4 Step LF forward, Step LF next to RF, Step LF forward
5 - 6 Right Heel, Left Heel
7 - 8 Right Toe, Left Heel