

Slow Down

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Count: 32

Wall: 4

Level: Advanced

Choreographer: Paul McAdam

Music: "Slow down" by Bobby Valentino

Count in: . Start on vocals

(1-8) SIDE, BACK, CROSS, HOLD, FULL TURN, SAILOR STEP -TOUCH, SIDE-ROCK-CROSS

- 1,2&** Step left foot to left side, step right foot behind left foot, step left foot across right foot and to right diagonal
- 3** Hold a count
- 4&** Make a $\frac{1}{2}$ turn right and step forward on right foot, make a $\frac{1}{2}$ turn right and step left foot to left side
- 5&6** Cross right foot behind left foot, step left foot to left side, step right foot to right diagonal
- &** Touch left toe next to right foot
- 7&8** Rock left foot to left side, recover weight onto right foot, cross left foot over right foot

(9-16) DOUBLE HIP $\frac{1}{2}$ TURN, STEP LOCK, HOLD, BACK STEP, CROSS-ROCK-SIDE, SHOULDER SHRUG, SQUAT, SWIVET

- &1** Unwind a $\frac{1}{2}$ turn right while also bumping 2 quick hip bumps left (weight ends on left foot)
- 2&** Step right foot forward to right diagonal, lock left foot behind right foot
- 3** Hold a count
- 4&** Step back on right foot to right diagonal, step left foot forward to left diagonal
- 5&6** Cross rock right foot over left, recover weight onto left foot, step right foot to right side
- &7** Shrug both shoulders up, as you drop shoulders down, bend both knees into a high squat
- &8** Remaining in the squat position, with weight on ball of left foot and heel of right foot, swivet $\frac{1}{4}$ turn right and then return a $\frac{1}{4}$ turn left

(17-24) DOUBLE TIME SWIVET $\frac{1}{4}$ TURN, 2X WALKS, HOLD, 2X WALKS, MAMBO ROCK, RUNS BACK, ROCK BACK ONTO HEELS ROLL FORWARD ONTO TOES

- &1** Remaining in the squat position repeat the swivet as before twice but only make an $\frac{1}{8}$ of a turn right each time (finish facing 9.00)
- 2&** Walk forward on right foot, walk forward on left foot

- 3 Hold a count
- 4& Walk forward on right foot, walk forward on left foot
- 5&6 Rock forward on right foot, recover weight on left foot, step back on right foot
- &7 Run back on left foot, step back on right foot and rock weight back onto both heels
- 8 Roll weight forward onto balls of feet

(25-32) RUN X2, SIDE-BEHIND, HOLD, BACK-SIDE, CROSS-ROCK-SIDE, CROSS-ROCK-SIDE-CROSS

- &1 Run forward on right foot, run forward on left foot
- 2& Step right foot to right side, cross left foot behind right
- 3 Hold a count
- 4& Step back on right foot, step left foot to left side
- 5&6 Cross rock right foot over left foot, recover weight onto left, step right foot to right side
- 7& Cross rock left foot over right foot, recover weight on right foot
- 8& Step left foot to left side, cross right foot over left

START AGAIN AND ENJOY!