Slow Motion

Count: 32 **Wall:** 4 **Level:** Improver
Choreographer: Grace David (KOR), Roy Verdonk (NL) & Jef Camps (BEL) - March 2025
Music: Slow Motion - Marshmello & Jonas Brothers

Intro: 16 counts

Section 1 - Step, Point, Sailor ½ Turn, Walk, Walk, Anchor Step

1-2	LF step forward, RF point side
3&4	½ turn R & RF cross behind LF, LF step side, RF step forward 6:00
5-6	LF walk forward, RF walk forward
7&8	LF lock behind RF, recover on RF, LF step back

Section 2 - Rock Back, Recover, Step Fwd, ½ Pivot, ¼ Large Side, Drag, Behind-Side-Cross

1-2	RF rock back, recover on LF
3-4	RF step forward, make ½ turn L putting weight on LF 12:00
5-6	¼ turn L & RF large step side, drag LF towards RF 9:00
7&8	LF cross behind RF, RF step side, LF cross over RF

Section 3 - Side Rock/Recover, Cross Shuffle, ¼ Back, Side, Cross Shuffle

1-2	RF rock side, recover on LF
3&4	RF cross over LF, LF step side, RF cross over LF
5-6	¼ turn R & LF step back, RF step side 12:00
7&8	LF cross over RF, RF step side, LF cross over RF

Section 4 - Side, Hold, Ball, Side Rock, ¼ Recover, Step-Lock-Step, Prissy Walks

1-2	RF step side, hold
&3-4	LF close on ball next to RF, RF rock side, ¼ turn L & recover on LF 9:00
5&6	RF step forward, LF lock behind RF, RF step forward
7-8	LF step forward (slightly across R), RF step forward (slightly across L) (Optional: full turn in stead of prissy walks)

EXTRA'S

Restart: In wall 4 dance up to count 16,
then start again but replace count 1 with snapping your fingers cause your weight is already on the LF, continue the dance with count 2. 12:00

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Last Update: 14 Apr 2025