

# 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 instead 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**