

Slow Motion

Choreographed by Jamie Marshall (1/02)
6-Time UCWDC World Super Star Line Dance Champion

Music: "Slow Motion" by Lori Lee (For music call Team Management at 615-446-6683); any other cha-cha (dance B only)
Intermediate/2 Wall
A – 56 Counts; B – 16 Counts

Phase A (56 Counts)

- 1,2 Skate R (1), L (2)
3&4 Diagonally R shuffle forward (1 o'clock) R (3), L (&), R (4)
5&6& Rock forward L (5), Recover on R (&), Rock back L (6), Recover on R (&) (still facing 1 o'clock)
7&8& (Turning diagonally left) Rock forward L (7), Recover on R (&), Rock back L (8), Recover on R (&)
- 9,10 Skate L (9), R (1)
11&12 Diagonally L shuffle forward (11 o'clock) L (11), R (&), L (12)
13&14& Rock forward R (13), Recover on L (&), Rock back on R (14), Recover on L (&) (still facing 11 o'clock)
15&16& (Turning to center) Rock forward R (15), Recover on L (&), Rock back R (16), Recover on L (&)
- 17,18 Tap R next to L (17), Kick R forward (18)
19&20 Back shuffle R (19), L (&), R (20)
21&22 Pivot ½ L stepping forward on L (21), Pivot ½ L stepping back on R (&), Cross-hitch L over R (22)
23&24 Forward shuffle L (23), R (&), L (24)
- 25,26 Step R forward (25), Roll hips counter clockwise,, turning ¼ L taking weight (26)
27,28 Repeat 25,26
29,30 Repeat 25,26
31,32 Repeat 25,26 (completing full turn)
- 33&34 Stepping forward R across L (33), L to L (&), R next to L 1/8 turn R (34)
35&36 Stepping forward L across R (35), R to R (&), L next to R 1/8 turn L (36)
37&38 Stepping back R across L (37), Small L to L (&), R next to L 1/8 turn R (38)
39&40 Stepping back L across R (39), Small R to R (&), L next to R facing center (40)
- 41,42,43 R to R (41), Rock L forward (42), Recover on R (43)
44&45,46 L to L (44), R next to L (&), L to L turning ¼ (45), Step R forward (46)
47,48&49 Pivot ¼ R on R, hitching L (facing original wall) (47), L to L (48), R next to L (&), L to L (49)
50,51,52& Rock R forward (50), Recover on L (51), R to R (52) L next to R (&)
53,54 R to R turning ¼ (53), Step L forward (54)
55,56 Pivot ¼ L on L, hitching R (facing original wall) (55), Step R to R (56)

PHASE B (16 Counts)

- 1,2,3,4 Sway hips L (1), R (2), L (3), R, dragging L next to R with touch (4)
5&6 L to L (5), R next to L (&), L to L (6)
7,8 Cross R across L (7), Pivot ½ L keeping weight on R (8)
- 9,10,11,12 Sway hips L (9), R (10), L (11), R, dragging L next to R with touch (12)
13&14 L to L (13), R next to L (&), L to L (14)
15,16 Rock R back (15), Recover on L (16)

PHASE B+: Dance PHASE B steps 1-8 three times with cross, ½ turn, then 9-16 before beginning PHASE A again with weight on L.

Sequence: A,B,A,B+,A,B+,A

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