



# Step-In-Time Line Dancing

HEREFORDSHIRE

Dance: **Slowing Down**  
 Type: 32 Count, 4 Wall, Low Intermediate  
 Choreographer: Dan Albro (USA), August 2020  
 Choreographed to: Slow Down by Gone West (133 bpm, 3:50 min)

Intro: Start after count 32

<b>Section 1</b>	<b>(Step, Sweep) x 2, Jazz Box Step</b>	
1-4	Step right forward. Sweep left. Step left forward. Sweep right	Step, sweep, step sweep
5-8	Cross right over left. Step left back. Step right to right side. Step left forward	Cross, back, side, step
<b>Section 2</b>	<b>Side Touch x 2, Chasse Right, Touch</b>	
1,2	Step right to right side. Touch left beside right and clap	Side, touch
3,4	Step left to left side. Touch right beside left and clap	Side, touch
5,6	Step right to right side. Step left beside right	Side, close
7,8	Step right to right side. Touch left beside right	Side, touch
<b>Section 3</b>	<b>Vine 1/4 Left Brush, Mambo 1/2, Hold</b>	
1,2	Step left to left side. Cross right behind left	Side, behind
3,4	Step left 1/4 turn left (9:00). Brush right	Turn, brush
5-8	Rock forward on right. Recover on left. Step right 1/2 turn right (3:00). Hold	Mambo half, hold
	<i>Non-turning steps 5-8: Forward Rock, Back, Hold</i>	
5-8	<i>Rock forward on right. Recover on left. Step right back. Hold</i>	<i>Forward rock, back hold</i>
<b>Section 4</b>	<b>Chase 1/2 Turn, Hold, Rocking Chair</b>	
1-4	Step left forward. Pivot 1/2 turn right (9:00). Step left forward. Hold	Step, pivot, step, hold
	<i>Non-turning steps 1-4: Back Rock, Step, Hold</i>	
1-4	<i>Rock back on left. Recover on right. Step left forward. Hold</i>	<i>Back rock, step, hold</i>
5-8	Rock forward on right. Recover on left. Rock back on right. Recover on left	Rocking chair
<b>Tag</b>	<b>End of Wall 4 (3:00 - add Tag facing 12:00)</b>	
	<b>(Step, Hold, Pivot 1/2, Hold) x 2</b>	
1-4	Step right forward. Hold. Pivot 1/2 turn left (6:00). Hold	Step, hold, pivot, hold
5-8	Step right forward. Hold. Pivot 1/2 turn left (12:00). Hold	Step, hold, pivot, hold
	<i>Non-turning steps 1-8: Modified Rocking Chair</i>	
1-4	<i>Rock forward on right. Hold. Recover on left. Hold</i>	<i>Rocking chair</i>
5-8	<i>Rock back on right. Hold. Recover on left. Hold</i>	