



Step-In-Time Line Dancing

HEREFORDSHIRE

Dance: **Slow Motion**

Type: 32 Count, 4 Wall, Improver

Choreographer: Grace David (KOR), Roy Verdonk (NL) & Jef Camps (BEL), March 2025

Choreographed to: Slow Motion by Marshmello & Jonas Brothers (104 bpm, 2:31 min)

Intro: Start after count 16

Section 1 Step Point, Modified Sailor 1/2, Walk x 2, Anchor Step

1+2	Step left forward. Point right to right side	Step, point
3&4	Turn 1/2 right crossing right behind left (6:00). Step left to left side. Step right forward	Sailor half
5,6	Walk forward stepping left, right	Walk, walk
7&8	Lock left behind right. Step right in place. Step left back	Anchor step

Section 2 Back Rock, Step Pivot 1/2, 1/4 Turn, Drag, Weave Right

1,2	Rock back on right. Recover on left	Back rock
3,4	Step right forward. Pivot 1/2 turn left (12:00)	Step, pivot
5,6	Turn 1/4 left stepping right large step to right side (9:00). Drag left beside right	Turn, drag
3,4	<i>Non-turning steps 3-6: Forward Rock, 1/4 Turn, Drag</i>	
	<i>Rock forward on right. Recover on left</i>	<i>Forward rock</i>
5,6	<i>Turn 1/4 right stepping right large step to right side (9:00). Drag left beside right</i>	<i>Turn, drag</i>
7&8#*	Cross left behind right. Step right to right side. Cross left over right	Behind, side, cross

Section 3 Side Rock, Cross Shuffle, 1/4 Turn, Side, Cross Shuffle

1,2	Rock to side on right. Recover on left	Saïde rock
3&4	Cross right over left. Step left to left side. Cross right over left	Cross shuffle
5,6	Turn 1/4 right stepping left back (12:00). Step right to right side	Turn, side
7&8	Cross left over right. Step right to right side. Cross left over right	Cross shuffle

Section 4 Side, Hold, Close, Side Rock 1/4 Turn, Step Lock Step, Prissy Walk x 2

1,2&	Step right to right side. Hold. Step left beside right	Side, hold, &
3,4	Rock to side on right. Turn 1/4 left recovering on left (9:00)	Rock, turn
5&6	Step right forward. Lock left behind right. Step right forward	Step, lock, step
7,8	Step left forward across right. Step right forward across left	Walk, walk
	<i>Optional turning steps 7,8: Full Turn</i>	
7,8	<i>Turn 1/2 right stepping left back. Turn 1/2 right stepping right forward</i>	<i>Full turn</i>

Step # Wall 4 (3:00) after 16 Counts (facing 12:00)

Change Click

1	Click fingers	Click
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Restart +* Wall 4 after Step Change restart from Count 2
