

Hurry Up, Slow Down

Count: 32

Wall: 4

Level: Beginner

Choreographer: Séverine Fillion (France, Feb 2013)

Music: "Hurry Up, Slow Down" by Don Derby

Intro : 32 counts

[1-8] TOE STRUT FWD (RIGHT & LEFT), ROCKING CHAIR

- 1-2 Right ball fwd, drop right heel
- 3-4 Left ball fwd, drop left heel
- 5-6 Rock step right fwd,, recover on left
- 7-8 Rock step right back, recover on left

[9-16] SIDE, CROSS KICK, SIDE, CROSS KICK, JAZZ BOX 1/4TURN

- 1-2 Right step to the right, left kick diagonally right fwd
- 3-4 Left step to the left, right kick diagonally left fwd
- 5-6 Right cross over left, left step back
- 7-8 ¼ turn right stepping right to right side, left step fwd * Restart here on 3th wall

[17-24] VINE, SCUFF, VINE, SCUFF

- 1-3 Right step to the right, left cross behind right, right step to the right
- 4 Scuff left next to right
- 5-7 Left step to the left, right cross behind left, left step to the left

Option for 5-7 : Rolling vine left : ¼ turn left stepping left fwd, ½ turn left stepping right back, ¼ turn left stepping left to left

- 8 Scuff right next to left

[25-32] STOMP OUT, HOLD (RIGHT & LEFT), ROLLING HIPS

- 1-2 Stomp right to right side, Hold
- 3-4 Stomp left to left side, Hold
- 5-8 Rolling your hips (opposite clockwise)

Start again and enjoy !

Restart: On wall 3 after 16 counts at 9:00

