

SLOW WALK

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MUSIC: Collectable 4819 "Slow Walk" by Sil Austin available Perry's Place & Palomino Records
RHYTHM: MIXED RAL PHASE III + 2 [wrapped whip, tuck & spin]
[JIVE OPTIONS lindy catch, American spin]
SEQUENCE: INTRO A B A BRIDGE B(1-8) A(1-8) END SPEED: 47rpm adjust for comfort
FOOTWORK: Opposite unless otherwise indicated. revised 5/05 released 5/05

INTRO

1-2 WAIT::

1-2 Fcg LOD lead ft free both hnds jnd low;;

PART A

1-6 WRAPPED WHIP:: VINE 3 TCH; VINE 3 TCH; 4 TRAVELING TRIPLES::

1-2 [WRAPPED WHIP] bk L, rec R trng 1/4 RF, bring M's L and W's R hnds in & over W's head sd L cont RF trn/cl R, sd and fwd L in wrapped pos (W fwd R, fwd L, fwd R/cl L, bk R); cross R in bk of L trng RF release M's R and W's L hnds, sd L trng RF to fc LOD, sd R/cl L, sd R (W bk L, bk R, bk L/cl R, fwd L);

3 [VINE 3 TCH] fcg LOD drop hnds sd L, XRIB of L, sd L, tch R to L;

4 [VINE 3 TCH] fcg LOD no hnds sd R, XLIB of R, sd R, tch L to R;

5-6 [4 TRAVELING TRIPLES] fcg LOD no hnds fwd L with sl LF (RF) trn, cl R/ fwd L, fwd R, with sl RF trn cl L/fwd R (W bk R with sl RF trn, cl L/bk R, bk L with sl LF trn, cl R/bk L); REPEAT MEAS 5 PART A;

NOTE: JIVE OPTION—change wrapped whip to lindy catch

7-12 PRESS & HOLD (SLOW TRNG HIP BUMPS):: WRAPPED WHIP:: CHNG PNT CHNG PNT; SD DRAW CL:

7-8 [PRESS & HOLD (SLOW TRNG HIP BUMPS)] press ball of L ft to floor with fwd poise & hold,-,-(W with wt on L start LF trn step on ball of R raising R hip, rec L, cont LF trn step on ball of R raising R hip, rec L); REPEAT MEAS 7 PART A M cont to hold press line (W cont LF trn with hip bumps around to fc ptr) jn both hnds;

9-10 [WRAPPED WHIP] REPEAT MEAS 1-2 PART A;;;;;

11 [CHNG PNT CHNG PNT] step on L, pnt sd R, stp on R, pnt sd L;

12 [SD DRAW CL] sd L, draw R to L, cl R,-;

PART B

1-4 SWVL WLKS 4 Q; THROWAWAY; SUGAR TUCK & SPIN—KICK BALL CHNG::

1 [SWVL WLKS 4 Q] lead hnds jnd bk L leading W to wlk fwd, bk R, bk L, bk R (W fwd R placing RIF of L, fwd L placing LIF of R, fwd R placing RIF of L, fwd L placing LIF of R);

2 [THROWAWAY] sd L/cl R, sd L, sd R/cl L, sd R making 1/2 LF trn end fcg RLOD (W pick up R/L, R, sd and bk L/cl R, sd L making 1/2 RF trn end fcg LOD);

3-4 [SUGAR TUCK & SPIN—KICK BALL CHNG] bk L, bk R to tight BFLY pos hnds low, tch L to R, fwd L raise jnd lead hnds with soft pull on trail hnds; cross RIB of L/sd L, sd R, sm kick fwd L, tch ball of L taking momentary wgt/ cl R;

NOTE: JIVE OPTION—change sugar tuck & spin to American spin

5-8 SWVL WLKS 4 Q; THROWAWAY; SUGAR TUCK & SPIN—KICK BALL CHNG::

5-8 REPEAT MEAS 1-4 PART B begin fcg RLOD & end fcg LOD;;;;;

9-12 SWVL WLKS 4 SLO:: SUGAR TUCK & SPIN—KICK BALL CHNG::

9-10 [SWVL WLKS 4 SLO] lead hnds jnd bk L leading W to wlk fwd, -, bk R,- (W fwd R placing RIF of L, -fwd L placing LIF of R,-); REPEAT MEAS 9 PART B;

11-12 [SUGAR TUCK & SPIN—KICK BALL CHNG] REPEAT MEAS 3 & 4 PART B;;

REPEAT PART A

BRIDGE

1-4 SWVL TOG & SWVL AWAY:: SWVL TOG & AWAY::

1-2 [SWVL TOG & AWAY] fwd L(fwd R),-, trn 1/2 RF,-; fwd R (fwd L),-, trn 1/2 LF,-;

3-4 [SWVL TOG & AWAY] REPEAT MEAS 1 & 2 BRIDGE;;

REPEAT PART B (1-8) and REPEAT PART A (1-8)

END

1-4 SUGAR TUCK & SPIN—KICK BALL CHNG:: START WRAPPED WHIP; LOOK—CHNG PNT:

1-2 [SUGAR TUCK & SPIN—KICK BALL CHNG] REPEAT MEAS 1 & 2 PART B;;

3 [START WRAPPED WHIP] REPEAT MEAS 1 PART A end both fcg LOD trail ft free;

4 [LOOK—CHNG PNT] in wrapped pos trn to look at ptr, stp on R, pnt L to sd,-;