SLOW POKE

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Music: Pee Wee King  Album: Tribute To The Grand Old Opry – Vol. 4, Track 14
Available as a download from Amazon.com
Footwork: Opposite, directions for man except as noted (W's in parentheses)
Rhythm: Two Step   Phase: II + 1 Unph [Figure 8]
Speed: 42.5 RPM or slow for comfort
Sequence: INTRO A B C C A B        Difficulty level: Easy

INTRODUCTION
1 – 4  [DLW] WAIT;;  APT – PNT; P/U – TCH;
1-4  [LOP M fc DLW & ptnr] Wait;;  Apt L,-, pnt R,-;  Pick W up R,-, tch L,-
now in CP M fc LOD;

PART A
1 – 4  2 FWD 2-STEPS;;  SCIS to SCAR; ½ BOX BK;
1-4  Fwd L, cl R, fwd L,-;  Fwd R, cl L, fwd R,-;  Sd L, cl R, XL IFO R to SCAR
pos,-;  Sd R, cl L, bk R,- now CP M fc LOD;
5 – 8  [CTR] SD 2-STEP;  REV TWIRL [WALL];  FULL BOX;;
5-8  Sd L, cl R, sd L,-;  Sd R start twirl LF under jnd lead hnds, XL IFO R trng
to fc WALL, cl R,- (W twirl LF L, R, L,-) end CP M fc WALL;  Sd L, cl R,
fwd R,-;  Sd R, cl L, bk R,-;
9 – 12  2 TRNG 2-STEPS;;  ½ BOX;  SCIS THRU to SCP;
9-12  Sd L, cl R, sd & bk R pivot ½ RF,-;  Sd R, cl L, sd & fwd L pivot ½ RF,-;
Sd L, cl R, fwd L,-;  Sd R start trn LF, cl L cont LF trn, fwd R to SCP,-;
13 – 16 DOUB HITCH [FC];;  VINE 8 to BFLY;;
13-16  Fwd L, cl R, bk L,-;  Bk R, cl L, fwd R,- blend to fc;  Sd L, XR IBO L, sd L,
XR IFO L; Repeat Part A meas 15 blend to BFLY;

PART B
1 – 4  FC to FC;  BK to BK;  B/BALL TRN;;
1-4  Sd L, cl R, release trng hnds sd & fwd L trng to bk to bk pos,-;  Sd R,
cl L, sd & fwd R trng to BFLY,;-;  Sd L,;-, rec R trng ¼ RF to sd by sd pos
both fc RLOD,;-;  Release hnds sd & fwd L trng ¼ RF to bk to bk pos,-;
join trng hnds rec R trng ¼ RF to OP fc LOD,;-;
5 – 8  LACE OVER & FWD;;  DOUB HITCH;;
5-8  Release trng hnds & join lead hnds cross IBO W fwd L, cl R, fwd L,-;
Fwd R, cl L, fwd R,- now OP both fc LOD & M on W’s R;  Repeat Part A
meas 13 & 14;;
9 – 12  LACE BK & FWD;;  CIRC AWAY 2-2 STEPS;;
9-12  Join trng hnds & cross IBO W fwd L, cl R, fwd L,-;  Fwd R, cl R, fwd R,-
now LOP both fc LOD;  Start LF (W RF) circ movement fwd L, cl R, fwd L,-;
Fwd R, cl L, fwd R trng to fc pnt & WALL,;-;
13-16 Fwd L,-, R,-; Fwd L,-, R,- end BFLY; Leading W to twirl RF sd L,-, XR
IBO L,- (W twirl RF R,-, L,-); [1st time thru] Fwd L,-, R blend to CP R,-;
[2nd time thru] Apt L,-, pnt R,-;

PART C

1 – 4 TRAVELING BOX:;;;
1-4 Sd L, cl R, fwd L,-; Blend to RSCP to RLOD fwd R,-, L,-; Blend to CP
sd R, cl L, bk R,-; Blend to SCP to LOD fwd L,-, R,-;

5 – 8 2 FWD 2-STEMPS:; START FIGURE 8:;
5-8 Fwd L, cl R, fwd L,-; Fwd R, cl L, fwd R,-; Start LF (W RF) circ movement
fwd L, cl R, fwd L,-; Fwd R, cl L, fwd R,- end sd by sd with W passing R
shldrs;

9 – 12 FINISH FIGURE 8:;; SD 2-STEP L & R;;
9-12 Start RF (W LF) circ movement fwd L, cl R, fwd L,-; Fwd R, cl L,
fwd R,- now in CP M fc ptrn & COH; Sd L, cl R, sd L,-; Sd R, cl L, sd R,-;

14 – 16 BK AWAY 3; TOG 2 TRN & X; BK AWAY 3; TOG 3
14-16 Release ptrn bk L, R, L,-; Tog fwd R, L to temporary BFLY, fwd R & pivot
½ RF,- end BFLY fc ptrn & WALL; Bk L, R, L,-; [1st time thru] Tog R, L,
R,- end in CP; [2nd time thru] Tog R, L, R picking up W,- end CP M fc LOD;

REPEAT PART C – ending in P/U

REPEAT PART A

REPEAT PART B – ending in Apt – Pnt