**Slow Down Boogie**

Choreographers: Ron & Marilou Webb, 1200 Wildflower Lane, Mesquite, TX (972) 329-2351  
Email: ron.marilou@gmail.com  
Music: "Slow Down Boogie" Winnie Becks quartet  
Download from Amazon - Music speed as on CD  
Rhythm/Phase: Jive – Phase V  
Sequence: Intro, A, B, C, D, Ending  
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INTRO:

Loose Closed Position Man fcg Wall ~ Wait Pick-Up Notes;  
**Note**: this is a very short wait.. just 3 quick notes

Part A:

1-4 Jive Chasse Left & Right: Change Right to Left ~ Change Left to Right;::

| 1a2 3a4 | {Jive Chasse Left & Right} sd/ close, sd, sd/ close, sd; |
| 123a4 2-4 | {Change Right to Left} rock back L in SCP, recover R, sd L/ cl R, sd L turning ¼ LF; |
| 5a6 | sd & fwd R/ cl L, sd R fc LOD, |
| (W rock back R, recover L, sd R/ cl L, fwd R turn ¾ RF under lead hands; sd & slight back L/ cl R, sd & back L); |

| 123a4 | {Chg Places Left to Right} rock back L, recover R; sd L/ cl R, sd L turning ¾ RF, sd R/ cl L, sd R to fc ptr & wall; |
| 5a6 | (W rock back R, recover L; fwd R/ cl L, fwd R turning ¾ LF under lead hands, sd L/ cl R, sd L to fc ptr); |

5-8 Change Hands Behind the Back ~ Spanish Arms;:: 2 Sailor Shuffles;

| 123a4 5-7 | {Change Hands Behind the Back} rock back apart L, recover R, slight fwd L/ cl R, fwd L turning ¾ LF begin to |
| 5a6 |chg from L hand joined to R hand joined with W’s R hands; |
| | slight sd & back / cl L, sd R cont turn LF ¾ and rejoin lead hands fc COH, |
| (W rock back apart R, recover L, fwd R/ L, R turning ¾ RF; sd L/ cl R, sd & back L turning ¾ RF), |

| 123a4 | {Spanish Arms} rock back L, recover R turning RF start to wrap W; sd L/ cl R, sd L cont RF turn as bring W to |
| 5a6 |momentary wrap with lead hands high & trail |
| |hands low and unwrap the lady to fc, sd R/ cl L, sd L to SCP LOD |
| (W rk bk apart R, recover L turning ¾ LF start to wrap; sd R/ cl L, sd R turning ¾ RF to unwrap, sd L/ cl R, sd L to SCP); |

| 1a23a4 8 | {2 Sailor Shuffles} ronde L behind, sd/ sd, ronde R behind, sd/ sd; (woman opposite); |

9-12 Link Rock to Semi ~ Rock to Jive Walk Triples;::  Swivel Walk 4 into;

| 123a4 9-10 | {Link Rock to Semi ~ Rock to} rock apart back L, recover R, fwd chasse tog to CP fwd L/ cl R, fwd L; |
| 5a678 | Sd R/ cl L, sd R to SCP LOD, rock back, recover; |
| 1a23a4 11 | {Jive Walk Triples} Fwd triples turning slightly in fwd L/ cl R, fwd L, turning slightly away fwd R/ cl L, fwd R; |

| 1234 12 | {Swivel Walk 4} Placing foot directly IF of other foot swivel in L, out R, in L, out R; (W – opposite); |

Part B:

1-5 Throwaway 2 Triples: Chicken Walks 2 Slows ~ 4 Quicks Lady Check;;  
Rock to a Left to Right w/ Continuous Chasse;;

| 1a23a4 1 | {Throwaway 2 Triples} sd L/ cl R, sd L turning ¼ LF, sd & fwd R/ cl L, sd & fwd R to LOFP LOD; |
| 1-3- | {Chicken Walks 2 Slows ~ 4 Quicks Lady Check} bk up L-, R-, bk L, R, L, R |
| 5678 | (W - fwd R toe out, - , fwd L toe out, - , with same toe action fwd R, L, R, L); |
| 123a4 4-5 | {Rock to a Left to Right w/ Continuous Chasse} rk bk L, recover R, sd L/ cl R, sd L turning ¼ RF; |
| 1a2a3a4 | sd/cl, sd/cl, sd/cl, sd/ cl, sd; |
| (W – rk bk apt R, recover L, fwd R/ cl L, fwd R turning ¾ LF under lead hands; sd/cl, sd/cl, sd/cl, sd); |

6-12 Rock to the Mooch;::  Start another Mooch;;

| 1234 6-12 | { Rock to the Mooch;::  Start another Mooch;} rk bk to SCP L, rec R, Flick L fwd, cl L; |
| 1234 | flick R fwd, cl R, rk bk L, rec R; trmg 1/2 RF sd L/cl R, sd L to L ½ OP R LOD, |
Part C:

**1-4 Jive Walk Triples; Swivel Walk 4; into Chasse Roll 3 Triples to Face Rev & Rock Rec;;**

1a23a4 1 *(Jive Walk Triples)* Fwd triples turning slightly in fwd L/ cl R, fwd L, turning slightly away fwd R/ cl L, fwd R;  
1234 2 *(Swivel Walk 4)* Placing foot directly IF of other foot swivel in L, out R, in L, out R; *(W – opposite)*;  
1a23a4 3-4 *(Chasse Roll 3 Triples & Rock Rec)* face partner then sd L/cl R, sd L turning ½ RF to bk to bk position, 
1a23a4 4 sd R/ cl L, sd R turning ½ RF to face partner; 
1a23a4 5 sd L/ cl R, sd L blending to Left ½ OP fchg RLOD, rk bk, recover;  

**5-8 Chasse Roll 1 Triple & Rock: to Triple Pretzel Turn;;:**

1a23a4 5 *(Chasse Roll 1 Triple & Rock)* face partner then sd R/ cl L, sd R turning 1/4 LF to fc LOD, rk bk, recover; 
1a23a4 6 *(Triple Pretzel Turn)* Chasse sd L/R,L turning RF release R hand maintain L/R handhold thruout; 
1234 7 XLIFR twd DLC in “V” bk to bk pos, rec R staying in bk to bk pos, chasse L/ R, L;  
1234 8 XRIFL twd DRC in “V” bk to bk pos, rec L staying in bk to bk pos, chasse R/ L, R;  

**9-12 Finish the Pretzel to Face ~ Shoulder Shove;;; Quick Side Breaks;;**

123a4 9-11 *(Finish the Pretzel to Face ~ Shoulder Shove)* XLIFR twd DLC in “V” bk to bk pos with R hand extended fwd, 
5a678 rec R turning LF; cont trng Chasse sd L/R,L; R/L,R to CP fchg Wall;  
123a4 7 rk apt, rec, step tog, tch to “V” bk to bk pos, rec R turning 1/4 LF to fc LOD, rk bk, recover;  
a12a3a4 12 *(Quick Side Breaks)* apt L, apt R, tog L, tog R;  

Part D:

**1-4 Sailor Shuffles & Point w/ Hip Bumps;; Even Count Marchessi 1/2;;**

1a23a4 1-2 *Sailor Shuffles & Point w/ Hip Lifts* XLIBR/ sd R, sd L, XIRBL/ sd L, sd R; Point L to LOD, Hip Bumps 3,; 
1234 3-4 *(Even Count Marchessi 1/2)* fwd L heel, step R, bk L toe, step R, fwd L heel, step R, fwd L heel again, step R; 

**5-8 Sailor Shuffles & Point w/ Hip Bumps;; Finish the Marchessi;;:**

1a23a4 5-6 *Sailor Shuffles & Point w/ Hip Bumps* XLIBR/ sd R, sd L, XIRBL/ sd L, sd R; Point L to LOD, Hip Bumps 3,; 
1234 7-8 *(Finish the Marchessi)* bk L toe, step R, fwd L heel, step R, bk L toe, step R, bk L toe again, step R; 

**9-12 Rock to a Left to Right to Center ~ Sole Tap to Face LOD;; One Shuffling Door Lady in 4 to Shadow LOD:**

123a4 9-11 *(Rock to a Left to Right to the Center ~ Sole Tap to Face LOD)* rk bk L, rec R, chasse L/R, L trng ½ 
5a6 RF raising joined hands; chasse R/L, R to OP fchg COH, 
1234 *(W- rk bk R, rec L, chasse fwd R/L, R trng 1/2 LF under joined hands; chasse L/R, L to OP fchg wall,)*;  
1234 *(Sole Tap to Face LOD)* rk apt L, rec R; fwd L twws partner turning RF to almost bk to bk pos, 
5a6 tap R sole to lady’s L sole, triple apt to fc LOD R/ L, R; *(W – opposite)*  
123a4 12 *(One Shuffling Door Lady in 4 to Shadow LOD)* XLIBR, rec R, chasse crossing behind the Lady L/ R, L to 
5678 Shadow Pos fchg LOD; *(W – XIRBL, rec L, side to wall R, close L to Shadow LOD)*;  

**Note: both now have R foot free**

Ending:

**1-4 Boogie Walk 4 Slows;; Double Jazz Box;;**

1234 1-2 *(Boogie Walk 4 Slows)* circle the RF fwd & around CW while lifting the R Hip and stepping slightly in front of the 
5678 lady,-, same action w/ L foot,-; Repeat; *(W – same footwork as man)*;
{Double Jazz Box} both XRIFL, bk L, sd R, XLIFR; Repeat;

5-7 Shadow Riverboat Shuffle 8;; Check Thru Recover Lady Roll Right in 2;

{Shadow Riverboat Shuffle 8} thru R, sd L, behind R, sd L; Repeat;

{Check Thru Recover Lady Roll Right in 2} XRIFL, rec bk L, man chasse twds RLOD R/ L, R ending in loose CP fcg wall;

(W – XRIFL, rec bk L, roll RF in 2 R, L ending in loose CP);

8-10 Rock to a Right to Left to Handshake ~ Reverse Underarm to Tandem;;;

{Rock to a Right to Left to Handshake } rk bk L to SCP, rec R, chasse sd L/R, L raising joined hands & start

5a6 to turn lady RF; chasse fwd & sd R/L, R lead lady to comp turn & shake hands fcg LOD,

(W - rk bk R to SCP, rec L trng LF, chasse R/L, R w/ ¾ RF turn; cont trng chasse bk L/R, L to a handshake fcg RLOD,)

{Reverse Underarm to Tandem} rk apt L, rec R; chasse slightly to the left L/ R, L leading the

5a6 woman turn LF under joined R hands; chasse slightly to the right R/ L, R continuing to lead the woman to tandem LOD (man in front w/ both arms extended back w/ loose inverted finger grip);

(W – rk apt R, rec L; chasse R/ L, R turning LF ¾, continue the LF turn to face LOD behind the man;)

11-12 Catapult & Close Point w/ Jazz Hands & Hit the Note;;

{Catapult & Close Point w/ Jazz Hands & Hit the Note} rk fwd L, rec R, chasse in-place L/R, L leading the lady past your left side;

5a678+ chasse in-place R/ L, R leading the woman to a 1 ½ RF free spin to face, close, point trail foot to the wall w/ jazz hands – w/ a sharp trail arm straight up on the last note;,

(W - rk back R, rec fwd L to man’s left side, chasse fwd R/ L, R with a 1 ½ RF free spin to face partner & RLOD; chasse in-place L/ R, L, close, point trail foot to the wall w/ jazz hands – w/ a sharp trail arm straight up on the last note;,,}