

SLOW WALK

CHOREO: RANDY & ROSE WULF

RELEASED: March 2024

ADDRESS: 7616 Redstart Dr SE, Olympia, WA 98513

PHONE: **HIS CELL:** 360/561-8999

HER CELL: 360/561-5185

E-MAIL: randyrosedance@hotmail.com

WEBSITE: www.randyrosedance.com

MUSIC: Slow Walk

ARTIST: Sil Austin

SOURCE: Amazon

TIME: 2:41 as downloaded

RHYTHM/PHASE: West Coast Swing; phase 4 + 2 (Whip turn, Triple Travel w/Rolls)

FOOTWORK: Opposite unless indicated (**W's footwork in parentheses**) Standard timing unless noted.

SEQUENCE: **INTRO A B C END**

MEAS

INTRODUCTION

1-3 FCG WALL 6 FT APT WAIT;;;

1-3 {Wait} Fcg Ptr and wall, 6 feet apt, wait 3 measures.

4-7 SLO STRLL TOG 4 SCP;; THROWOUT; KBCHNG TWICE;

4-5 {Stroll to SCP} Tog fwd L, -, fwd R, -; Fwd L, -, fwd R SCP, -;

6 {Throwout} Fwd and sd L comm 1/4 LF trn/cl R, fwd L, bk R/rec L, bk R; [Anchor] (**Fwd and sd R comm 1/4 LF trn/cl L, sd and bk R, [Anchor] sm bk L w/toes trnd out and instep close to heel of R/rec slightly fwd R, slightly bk L;**)

7 {Kickball change twice} In OP FCG kck L ft fwd/take wgt on ball of L ft, rplc wgt on R ft, kck L ft fwd/take wgt on ball of L ft, rplc wgt on R ft;

8-11 L SD PASS;; KBCHNG; WRPD WHP;;

8-9 {Left Side Pass} Bk L comm LF trn, sm bk R out of the slot comp 1/4 LF trn ldg W to pass M's L sd, sd L/cl R, fwd L trng 1/4 LF; [Anchor] bk R/rec L, bk R, (**Fwd R, fwd L comm LF trn, sd R cont trn/XLif cont trn, bk R comp 1/2 LF trn to fc ptr [French Cross]; [Anchor] bk L/rec R, bk L;**) {Kickball Change} In OP FCG kck L ft fwd/take wgt on ball of L ft, rplc wgt on R ft; (**In OP FCG kck R ft fwd/take wgt on ball of R ft, rplc wgt on L ft;**)

10-11 {Wrapped Whip} Bk L to dbl hndhold, raising jnd ld hnds and ldg W fwd XRif of L trn 1/4 RF, sd L cont RF trn lowering jnd ld hnds/cl R, sd and fwd L to end in WRP on W's L sd; XRib of L comm RF trn rel M's R and W's L hnd, sd and fwd L comp 1/2 RF trn to fc ptr in LOP FCG, [Anchor] bk R/rec L, bk R; (**Fwd R, fwd L, fwd R passing undr jnd ld hnds/cl L, bk R, bk L; bk R, [Anchor] bk L/rec R, bk L;**)

12-15 SUGAR PUSH;; L SD PASS;; CHKN WLKS 4 QK;

12-14 {Sugar Push} Bk L, bk R, tap L slightly fwd of R ft, fwd L; [Anchor] bk R/rec L, bk R, (**Fwd R, fwd L, tap R slightly bk of L ft, bk R; [Anchor] bk L/rec R, bk L;**) {Left Side Pass} Bk L comm LF trn, sm bk R out of the slot comp 1/4 LF trn ldg W to pass M's L sd; sd L/cl R, fwd L trng 1/4 LF, [Anchor] bk R/rec L, bk R; (**Fwd Rt, fwd L comm LF trn; sd R cont trn/XLif cont trn, bk R comp 1/2 LF trn to fc ptr [French Cross], [Anchor] bk L/rec R, bk L;**)

15 {Chicken Wlks 4 quick} Bk, bk, bk, bk; (**Fwd, fwd, fwd, fwd;**)

PART A LOD

1-4 TUCK & SPN;; PUSH BRK;; CHKN WLKS 2 SLO;

1-3 {Tuck and Spin} Bk L, bk R bring ld hnd in to cntr ldg W to a R sd ld, tap L to R w/L shldr ld, fwd L w/L sd ld to ld W's spn; [Anchor] bk R/rec L, bk R, (**Fwd R, fwd L slight trn LF to tight LOFP, tch R to L, trn 1/2 RF fwd R spn 1/2 RF to fc ptr; [Anchor] bk L/rec R, bk L;**) {Push Break} Bk L, sm bk R bringing ptr to low BFLY; bk L/cl R, fwd L, [Anchor]; (**Fwd R, fwd L to low BFLY; fwd R close to ptr/cl L, bk R, [Anchor] bk L/rec R, bk L;**)

4 {Chicken Walks 2 Slow} Bk, -, bk, -; (**Fwd, -, fwd, -;**)

5-7 L SD PASS w/TUCK & SPN;.. PUSH BRK;:

5-7 {Left Side Pass w/Tuck & Spin}Bk L comm 1/4 LF trn, sm bk R out of slot comp trn, tap L to R, sm fwd L ldg W to trn RF; bk L/cl R, fwd L, [Anchor] (Fwd R, fwd L trng LF, tch R to L, fwd R trng RF ½ to LOP; [Anchor] bk L/rec R, bk L,) {Push Break}Bk L, sm bk R bringing ptr to low BFLY; bk L/cl R, fwd L, [Anchor]; (Fwd R, fwd L to low BFLY; fwd R close to ptr/cl L, bk R, [Anchor] bk L/rec R, bk L;)

8-12 WHP TRN;: M UNDRM TRN;.. TUCK & SPN;:

8-9 {Whip Turn}Bk L, slight XRif of L mvg twd W's R sd into LCP, swvl 1/4 RF on R ft sd L [partial weight]/rec R trn 1/4 RF, fwd L to CP; XRif of L comm RF trn, sd and fwd L comp ½ RF trn to fc ptr in LOP FCP, bk R/rec L, bk R [Anchor]; (Fwd R, fwd L trn 1/2 RF, bk R/cl L, fwd R between M's ft to CP; swvl sharply 1/2 RF on supporting ft keeping L leg cl to R and undr bdy bk L, bk R, bk L/rec R, bk L [Anchor];)

10-12 {Man's Underarm Turn}Bk L, fwd and sd R twd W's L sd comm RF trn under jnd ld hnds, sd L cont trn/bk and sd R comp 1/2 RF trn, fwd L; bk R/rec L, bk R,[Anchor] (Fwd R, fwd L comm LF trn, sd R cont trn/XLif cont trn, bk R comp 1/2 LF trn to fc ptr [French Cross]; bk L/rec R, bk L, [Anchor])
 {Tuck & Spin} Bk L, bk R bring ld hnd in to cntr ldg W to a R sd ld; tap L to R w/L shldr ld, fwd L w/L sd ld to ld W's spn, bk R/rec L, bk R; [Anchor] (Fwd R, fwd L slight trn LF to tight LOFP; tch R to L, trn 1/2 RF fwd R spn 1/2 RF to fc ptr, bk L/rec R, bk L; [Anchor])

PART B LOD**1-3 UNDRM TRN;: SUGAR PUSH;:**

1-3 {Underarm Turn}Bk L, raising jnd ld hnds and ldg W to pass M's R sd XRif L to W's R sd comm RF trn, sd L/cl R, sd and fwd L comp 1/2 RF trn; bk R/rec L, bk R, [Anchor] (Fwd R, fwd L comm LF trn, sd R cont trn/XLif cont trn, bk R comp 1/2 LF trn to fc ptr [French Cross]; bck L/rec R, bk L,[Anchor])
 {Sugar Push} Bk L, bk R; tap L slightly fwd of R ft, fwd L, bk R/rec L, bk R; [Anchor] (Fwd R, fwd L; tap R slightly bk of L ft, bk R, bk L/rec R, bk L; [Anchor])

4-6 TUCK & SPN HNDSHK M FC WALL;.. R SD PASS;:

4-6 {Tuck and Spin}Bk L, bk R bring ld hnd in to cntr ldg W to a R sd ld, tap L to R w/L shldr ld, fwd L w/L sd ld to ld W's spn; bk R/rec L, bk R trng 1/4 LF to fc WALL in HNDSHK, (Fwd R, fwd L slight trn LF to tight LOFP, tch R to L, trn 1/2 RF fwd R spn 1/2 RF to fc ptr; bk L/rec R, bk L [Anchor],) {Right Side Pass}Sd L, sm bk R ldg W to pass; fwd L trng 1/4 LF/cl R, fwd L, bk R/rec L, bk R;[Anchor] (Fwd R, fwd L comm LF trn; sd R cont trn/XLif cont trn, bk R comp 1/2 LF trn to fc ptr [French Cross], bk L/rec R, bk L; [Anchor])

7-12 WHP TRN;: M UNDRM TRN;.. SUGAR PUSH;: SLO SD BRKS;:

7-8 {Whip Turn}Bk L, slight XRif of L mvg twd W's R sd into LCP, swvl 1/4 RF on R ft sd L [partial weight]/rec R trn 1/4 RF, fwd L to CP; XRif of L comm RF trn, sd and fwd L comp ½ RF trn to fc ptr in LOP FCP, bk R/rec L, bk R [Anchor]; (Fwd R, fwd L trn 1/2 RF, bk R/cl L, fwd R between M's ft to CP; swvl sharply 1/2 RF on supporting ft keeping L leg cl to R and undr bdy bk L, bk R, bk L/rec R, bk L [Anchor];)

9-11 {Man's Underarm Turn}Bk L, fwd and sd R twd W's L sd comm RF trn under jnd ld hnds, sd L cont trn/bk and sd R comp 1/2 RF trn, fwd L; bk R/rec L, bk R,[Anchor] (Fwd R, fwd L comm LF trn, sd R cont trn/XLif cont trn, bk R comp 1/2 LF trn to fc ptr [French Cross]; bk L/rec R, bk L, [Anchor])
 {Sugar Push} Bk L, bk R; tap L slightly fwd of R ft, fwd L, bk R/rec L, bk R; [Anchor] (Fwd R, fwd L; tap R slightly bk of L ft, bk R, bk L/rec R, bk L; [Anchor])

PART C RLOD**1-6 UNDRM TRN; TRPL TRAVEL w/ROLL;:.. SUGAR PUSH;:**

1 {Underarm Turn}Bk L, raising jnd ld hnds and ldg W to pass M's R sd XRif L to W's R sd comm RF trn, sd L/cl R, sd and fwd L comp 1/4 RF trn to R hnd star; (Fwd R, fwd L comm LF trn, sd R cont trn/XLif cont trn, bk R comp 1/4 LF trn to fc ptr [French Cross] in R hnd star;)

2-6 {Triple Travel w/Roll} Sd R/cl L, sd and fwd R comm RF trn 1/4, fwd L cont RF trn 3/4, fwd R cont RF trn 1/2 comp 1 1/2 trns to a L Hand Star; sd L/cl R, sd L trn 1/2 LF to R Hand Star, sd R/cl L, sd R trn 1/2 RF to L Hand Star; sd L/cl R, sd and fwd L comm LF trn 1/4, fwd R cont LF trn 1/2, fwd L cont LF trn 1/2 [making a 1 1/4 trn] to fc ptr jn ld hnds; bk R/ rec L, bk R, [Anchor] (Sd L/cl R, sd and bk L comm RF trn 1/4, fwd R cont RF trn 3/4, fwd L cont RF trn 1/2 comp 1 1/2 trns to L Hand Star; sd R/cl L, sd R trn 1/2 LF to R Hand Star, sd L/cl R, sd L trn 1/2 RF to L Hand Star, sd R/cl L, sd and bk R comm LF trn 1/4, fwd L cont LF trn 1/2, fwd R cont LF trn 1/2 [making a 1 1/4 trn] to fc ptr jn ld hnds; bck L/rec R, bk L, [Anchor]) {Sugar Push} Bk L, bk R; tap L slightly fwd of R ft, fwd L, bk R/rec L, bk R; [Anchor] (Fwd R, fwd L; tap R slightly bk of L ft, bk R, bk L/rec R, bk L; [Anchor])

7-9 PUSH BRK;.. L SD PASS w/TUCK & SPN HND SHK M FC WALL;:

7-9 {Push Break} Bk L, sm bk R bringing ptr to low BFLY, bk L/cl R, fwd L; bk R/rec L, bk R, [Anchor] (Fwd R, fwd L to low BFLY, fwd R close to ptr/cl L, bk R; bk L/re R, bk L, [Anchor]) {Left Side Pass w/Tuck & Spin to Handshake} Bk L comm LF trn, bk R cont LF trn mvg out of slot; tap L to R ldg W to trn RF cont LF trn to fc RLOD sm fwd L/cl R, fwd L, bk R/rec L, bk R trng 1/4 LF to fc WALL in HND SHK; (Fwd R, fwd L; fwd R trng LF/XLif of R cont trng LF, bk R to fc ptr, bk L/rec R, bk L; [Anchor])

10-12 R SD PASS;.. SUGAR PUSH;:

10-12 {Right Side Pass} Sd L, sm bk R ldg W to pass, fwd L trng 1/4 LF/cl R, fwd L; bk R/rec L, bk R, [Anchor] (Fwd R, fwd L comm LF trn, sd R cont trn/XLif cont trn, bk R comp 1/2 LF trn to fc ptr [French Cross]; bk L/rec R, bk L, [Anchor]) {Sugar Push} Bk L, bk R; tap L slightly fwd of R ft, fwd L, bk R/rec L, bk R; [Anchor] (Fwd R, fwd L; tap R slightly bk of L ft, bk R, bk L/rec R, bk L; [Anchor])

END LOD

1-6 UNDRM TRN; TRPL TRAVEL w/ROLL;... SUGAR PUSH;:

1 {Underarm Turn} Bk L, raising jnd ld hnds and ldg W to pass M's R sd XRif L to W's R sd comm RF trn, sd L/cl R, sd and fwd L comp 1/4 RF trn to R hnd star; (Fwd R, fwd L comm LF trn, sd R cont trn/XLif cont trn, bk R comp 1/4 LF trn to fc ptr [French Cross] in R hnd star;)

2-6 {Triple Travel w/Roll} Sd R/cl L, sd and fwd R comm RF trn 1/4, fwd L cont RF trn 3/4, fwd R cont RF trn 1/2 comp 1 1/2 trns to a L Hand Star; sd L/cl R, sd L trn 1/2 LF to R Hand Star, sd R/cl L, sd R trn 1/2 RF to L Hand Star; sd L/cl R, sd and fwd L comm LF trn 1/4, fwd R cont LF trn 1/2, fwd L cont LF trn 1/2 [making a 1 1/4 trn] to fc ptr jn ld hnds; bk R/ rec L, bk R, [Anchor] (Sd L/cl R, sd and bk L comm RF trn 1/4, fwd R cont RF trn 3/4, fwd L cont RF trn 1/2 comp 1 1/2 trns to L Hand Star; sd R/cl L, sd R trn 1/2 LF to R Hand Star, sd L/cl R, sd L trn 1/2 RF to L Hand Star, sd R/cl L, sd and bk R comm LF trn 1/4, fwd L cont LF trn 1/2, fwd R cont LF trn 1/2 [making a 1 1/4 trn] to fc ptr jn ld hnds; bck L/rec R, bk L, [Anchor]) {Sugar Push} Bk L, bk R; tap L slightly fwd of R ft, fwd L, bk R/rec L, bk R; [Anchor] (Fwd R, fwd L; tap R slightly bk of L ft, bk R, bk L/rec R, bk L; [Anchor])

7-11 WRPD WHP; PUSH BRK HND SHK M FC WALL;.. R SD PASS;:

7-8 {Wrapped Whip} Bk L to dbl hndhold, raising jnd ld hnds and ldg W fwd XRif of L trn 1/4 RF, sd L cont RF trn lowering jnd ld hnds/cl R, sd and fwd L to end in WRP on W's L sd; XRif of L comm RF trn rel M's R and W's L hnd, sd and fwd L comp 1/2 RF trn to fc ptr in LOP FCG, bk R/rec L, bk R; [Anchor] (Fwd R, fwd L, fwd R passing undr jnd ld hnds/cl L, bk R, bk L, bk R, bk L/rec R, bk L; [Anchor])

9-11 {Push Break} Bk L, sm bk R bringing ptr to low BFLY, bk L/cl R, fwd L; bk R/rec L, bk R trng 1/4 LF to fc WALL in HND SHK, (Fwd R, fwd L to low BFLY, fwd R close to ptr/cl L, bk R; bk L/rec R, bk L, [Anchor]) {Right Side Pass} Sd L, sm bk R ldg W to pass; fwd L trng 1/4 LF/cl R, fwd L, bk R/rec L, bk R; [Anchor] (Fwd R, fwd L comm LF trn; sd R cont trn/XLif cont trn, bk R comp 1/2 LF trn to fc ptr [French Cross], bk L/rec R, bk L; [Anchor])

12-13 SLO SD BRKS; STP APT w/JAZZ HND S;:

12 {Slow Side Breaks} Sd L/sd R, -, stp undr bdy L/cl R,-;

13 {Step Apart w/Jazz hands} Bk L, -, -, -;

Wulf

SLOW WALK
WC4+

INTRO. . FCG PTR, WALL, 6 FT APRT
WAIT;;; SLO STROLL TOG 4; SCP; THROWOUT;
KCK BALL CHNG, TWICE; LFT SD PASS;.. KCK BALL CHNG;
WRPD WHIP;; SUGAR PUSH;.. LFT SD PASS;; CHKN WLKS, 4 QK;

PART A LOD

TCK & SPIN;.. PUSH BRK;;
CHKN WLK 2 SLO; LFT SD PASS w/TUCK & SPIN;..
PUSH BRK;; WHIP TRN;; M UNDRM TRN;.. TUCK & SPIN;;

PART B LOD

UNDRM TRN;.. SUGAR PUSH;;
TUCK & SPIN, HNDSHK, M FC WALL;.. RT SD PASS;;
WHIP TRN;; M UNDRM TRN;.. SUGAR PUSH;; SLO SD BRKS;

PART C RLOD

UNDRM TRN; TRPL TRAV w/ROLLS;;;.. SUGAR PUSH;;
PUSH BRK;.. LFT SD PASS w/TUCK & SPIN, HNDSHK, M FC WALL;;
RT SD PASS;.. SUGAR PUSH;;

END LOD

UNDRM TRN; TRPL TRAV w/ROLLS;;;.. SUGAR PUSH;;
WRPD WHIP;; PUSH BRK, HNDSHK M FC WALL;.. RT SD PASS;;
SLO SD BRKS; STP APRT w/JAZZ HNDS; END;;