

# Slow Down Boogie

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Music: "Slow Down Boogie" Winnie Becks quartet  
Download from Amazon - Music speed as on CD  
Rhythm/Phase: Jive – Phase V Released: May 2016  
Sequence: Intro, A, B, C, D, Ending

## 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 1 {**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 ¼ 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 ¼ 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 ¼ and rejoin lead hands fc COH,  
(W rock back apart R, recover L, fwd R/ L, R turning ¼ RF; sd L/ cl R, sd & back L turning ¼ 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 R to SCP LOD  
(W rk bk apart R, recover L turning ¼ 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;  
(W - fwd R/fwd L, fwd R turning ½ LF, sd & bk L/close R, sd & bk L);  
1-3- 2-3 {**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;  
(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; trng 1/2 RF sd L/cl R, sd L to L ½ OP RLOD,

1a234 rk bk R, rec L; flick R fwd, cl R, flick L fwd, cl L; rk bk R, rec L, trng ½ LF sd R/cl L, sd R;  
1234 rk bk L to ½ OP LOD, rec R, Flick L fwd, cl L;  
123a4 flick R fwd, cl R, Rk bk L, rec R; (*W – Opposite*)  
1234  
1234

### 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,  
1a234 sd R/ cl L, sd R turning ½ RF to face partner;  
sd L/ cl R, sd L blending to Left ½ OP fcg RLOD, rk bk, recover;

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

1a234 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;  
cont trng Chasse sd R/L,R to bk to bk pos with jnd L/R hands behind bk;  
123a4 7 XLIFR twd DLC in “V” bk to bk pos, rec R staying in bk to bk pos, chasse L/ R, L;  
123a4 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 fcg Wall;  
123a4 rk apt, rec, step tog, tch to “V” bk to bk, triple apart to face R/ L, R;  
a1a2a3a4 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, XRIBL/ sd L, sd R; Point L to LOD, Hip Bumps 3,;  
1234  
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;  
5678 (*W – bk R toe, step L, fwd R heel, step L, bk R toe, step L, bk R toe again, step L*);

#### 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, XRIBL/ sd L, sd R; Point L to LOD, Hip Bumps 3,;  
1234  
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;  
5678 (*W – fwd R heel, step L, bk R toe, step L, fwd R heel, step L, fwd R heel again, step L*);

#### 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 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 fcg COH,  
(*W- rk bk R, rec L, chasse fwd R/L, R trng 1/2 LF under joined hands; chasse L/R, L to OP fcg wall,*)  
1234 **{Sole Tap to Face LOD}** rk apt L, rec R; fwd L twds 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  
Shadow Pos fcg LOD;  
(W-1234) (W – XRIBL, 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*);;

1234 3-4 **{Double Jazz Box}** both XRIFL, bk L, sd R, XLIFR; Repeat;  
5678

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

1234 5-6 **{Shadow Riverboat Shuffle 8}** thru R, sd L, behind R, sd L; Repeat;  
5678

123a4 7 **{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;  
5678 (*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;;;**

123a4 8-10 **{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,*)

123a4 **{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;;**

123a4 11-12 **{Catapult & Close Point w/ Jazz Hands & Hit the Note}**  
5a678+ rk fwd L, rec R, chasse in-place L/R, L leading the lady past your left side;  
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;;,*)