

TITLE; YOU'RE A SLOW POKE
DANCE BY; Dorothy Sanders, 6406 Moorhaven Dr.Louisville, Ky 40228 (502)239 5760
MUSIC; Belco-425 thequelady@bellsouth.net
FOOTWORK; Opposite,except where noted
RHYTHM; TS **PHASE;** II+1(Fishtail) EZ 10/09

SEQUENCE; INT A B A B*

INT

1-6 **OP FCNG;; APT PT; BFLY TCH; TWIRL 2; WK & PKUP;**
1-4 BFLY wait;; bk L,-,pt R,-; fwd BFLY R,-,tch L,-;
5-6 sd L,-,XRib,-(W twirl RF); fwd L,-,fwd R,-(W pkup LF);CP/LOD

-A-

1-4 **TWO FWD 2STPS;; RK FWD & REC; RK BK & REC;**
1-4 CP/LOD fwd L,cls R,fwd L,-; fwd R,cls L,fwd R,-; rk fwd L,-rec R,-; rk bk L,-,rec R,-;
5-8 **PROG SCISS SCAR; BJO CKNG; FISHTAIL; WK & FC;**
5-8 sd L,cls R SCAR,XRif,-; sd R,cls L BJO,XLif ckng,-; XLib,sd R,fwd L,lk R; fwd L,-,fc R,-;
9-12 **BROKEN BOX;;;;**
9-12 sd L,cls R,fwd L,-; rk fwd R,-,rec L,-; sd R,cls L,bk R,-; rk bk L,-,rec R,-;
13-16 **TWO TRNG 2STPS;; SCP HITCH 4; WK & FC BFLY;**
13-14 sd L,cls R, trn sd/bk L trng RF,-; sd R,cls L,trn sd/fwd R trng RF,-;SCP
15-16 fwd L,cls R,bk L,cls R; fwd L,-,fc R BFLY,-;

-B-

1-4 **FC-FC; BK-BK; HITCH 6;;**
1-4 sd L,cls R,fwd L,-; thru sd R,cls L,fwd R,-;OP fwd L,cls R,bk L,-; bk R,cls L,fwd R,-;
5-8 **LACE UP 2STP; FWD 2STP; LACE BK 2STP; FC 2STP BFLY;**
5-6 W under lead hnds fwd L,cls R,fwd L,-; fwd R,cls L,fwd R LOP,-;
7-8 W under trng hnds fwd L,cls R,fwd L,-; fwd R,cls L,fc R BFLY,-;
9-12 **VINE 8;; BASKET BALL TRN OP;;**
9-10 sd L,XRib.sd L.XRif; sd L,XRib,sd L,XRif;
11-12 sd L trng in,-,rec R fc RLOD,-; sd/thru L trng away,-,rec R fc LOD,-;
13-16 **CIRCLE 2-2STPS;; STRUT 4 PKUP;;**
13-14 circle away fwd L,cls R,fwd L,-; fwd R,cls L,fwd R,-;
15-16 twd ptrn fwd L,-,R,-; L,-,R,-(W pkup LF);
* LAST TIME THRU **-B-** MEAS 15-16 BECOME;
STRUT 3 PT ON 4;;
15-16 strut fwd L,-,R,-; L,-,pt R twd ptrn/pt finger also at "slow poke",-;

SMILE ! 10/09