

Slow Groove

Music: Slow Hand – The Pointer Sisters
Available on Spotify, iTunes & Amazon
Choreographer: Jonas Dahlgren (SWE) – September 2025

****Restart:** Wall 5 after S2 [12:00]

*****Tag:** After wall 2 [6:00], after wall 7 [6:00] and on wall 10 after S3 [12:00]

S1: WALK X2, ANCHOR STEP, BACK X2, SAILOR ¼ L

1-2 RF step fwd (1), LF step fwd (2)
3&4 RF anchor behind LF (3), transfer weight to LF (&), transfer weight to RF(4)
5-6* LF step back (5), RF step back (6)
*option Pivot ½ L LF step fwd (5), pivot ½ L RF step back (6)
7&8 LF cross behind RF (7), turn ¼ L, LF step L (&), step slightly fwd(8) [9:00]

S2: TOE STRUTS WITH HIP BUMPS TURNING ¾ L

1-2 Touch R toe fwd (1), transfer weight to RF (2)
3-4 Turn ½ L, touch L toe fwd (3), transfer weight to LF (4) [3:00]
5-6 Turn ¼ R, touch R toe fwd (5), transfer weight to RF (6) [6:00]
7-8 Turn ½ L, touch L toe fwd (7), transfer weight to LF (8) [12:00]

****RESTART** on wall 5 (facing 12:00)

S3: ROCK, SHUFFLE ½ R, ROCK, SHUFFLE ½ L

1-2 RF rock fwd (1), recover on LF (2)
3&4 Turn ¼ R, RF step R (3), LF step together (&), turn ¼ R, RF step fwd(4) [6:00]
5-6 LF rock fwd (5), recover on RF (6)
7&8 Turn ¼ L, LF step L (7), RF step together (&), turn ¼ L, LF step fwd (8) [12:00]

*****Tag** on wall 10 (facing 12:00) then restart the dance

S4: SIDE TOGETHER, CHASSÉ R, CROSS ROCK, CHASSÉ ¼ L

1-2 RF step R(1), LF step together (2)
3&4 RF step R (3), LF step together (&), RF step R (4)
5-6 LF cross rock over LF (5), recover on RF (6)
7&8 LF step L (7), RF step together (&), turn ¼ L, LF step fwd (8) [9:00]

*****TAG: V-STEP**

1-2 RF step on R diagonal (1), LF step on L diagonal (2)
3-4 RF step back to center (3), LF step together (4)