

# Nice & Slow

**Count:** 32

**Wall:** 4

**Level:** Improver

**Choreographer:** Ayu Permana (INA) - September 2026

**Music:** Slow Fire Rhumba - &5678 Productions



**Intro: 32 counts - 1 Tag, No Restart**

## **SECTION 1. TOE TOUCHES - COASTER STEP - FORWARD - LOCK - LOCKSTEP (12.00)**

- 1-2 Touch R toe across L - Touch R toe to side
- 3&4 Step R backward - Step L next to R - Step R forward
- 5-6 Step R forward - Step L behind R
- 7&8 Step R forward - Step L behind R - Step R forward

## **SECTION 2. FORWARD ROCK - SHUFFLE 1/2 TURN ( 2X ) - BACK ROCK (12.00)**

- 1-2 Step rock R forward - Recover on L
- 3&4 Turn 1/4 right, step R to side - Step L close to R - Turn 1/4 right, step R forward (6.00)
- 5&6 Turn 1/4 right, step L to side - Step R close to L - Turn 1/4 right, step back on L (12.00)
- 7-8 Step rock R backward - Recover on L

## **SECTION 3. SIDE - TOGETHER - CHASSE - CROSS ROCK - SAILOR STEP (09.00)**

- 1-2 Step R to side - Step L close to R
- 3&4 Step R to side - Step L close to R - Step R to side
- 5-6 Cross rock L over R - Recover on R
- 7&8 Turn 1/4 left, step L behind R - Step R to side - Step L to side

## **SECTION 4. PADDLE 1/4 TURN ( 2X ) - JAZZBOX (03.00)**

- 1-2 Step R forward - Turn 1/4 left, transferring weight onto L (6.00)
- 3-4 Step R forward - Turn 1/4 left, transferring weight onto L (3.00)
- 5-6 Cross R over L - Step L backward
- 7-8 Step R to side - Step L slightly forward

## **REPEAT**

**TAG: 8 Counts, at the end of Wall 8**

**(start Wall 8 facing 09.00, finish & tag facing 12.00)**

- 1-2 Step rock R to right diagonal - Recover on L  
**(Do this with hips motion)**
- 3&4 Bumping hips R-L-R
- 5-6 Step rock L to left diagonal - Recover on R  
**(Do this with hips motion)**
- 7&8 Bumping hips L-R-L

**Enjoy & happy dancing..**

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