

Slow Boil

Count: 32

Wall: 4

Level: Improver

Choreographer: Amund Storsveen (NOR) - September 2026

Music: Slow Boil - Dallas Alexander



Intro: 32 counts

[1-8] HEEL SWITCHES RL, DOROTHY R, HEEL SWITCHES LR, DOROTHY L

- 1&2& Dig R heel forward (1); Step R next to left (&); Dig L heel forward (1); Step L next to right (&)
- 3-4& Step R diagonally right (3); Lock L behind right (4); Step R diagonally right (&)
- 5&6& Dig L heel forward (1); Step L next to right (&); Dig R heel forward (1); Step R next to left (&)
- 7-8& Step L diagonally left (3); Lock R behind left (4); Step L diagonally left (&)

[9-16] R ROCK, RECOVER, SHUFFLE ½ RIGHT, L ROCK, RECOVER, L COASTER STEP

- 1-2 Rock R forward (1); Recover on L (2) [12:00]
- 3&4 ¼ right step R to right (3); Step L next to right (&); ¼ right step R forward (4) [6:00]
- 5-6 Rock L forward (5); Recover on R (6)
- 7&8 Step L back (7); Step R next to left (&); Step L forward (8)

Restart here in wall 5 (facing 6 o'clock)

[17-24] STEP, PIVOT ¼ LEFT, R CROSS SHUFFLE, L ROCK, RECOVER, BEHIND-SIDE-CROSS

- 1-2 Step R forward (1); Pivot ¼ left (weight on left foot) (2) [3:00]
- 3&4 Cross R over left (3); Step L slightly left (&); Cross R over left (4)
- 5-6 Rock L to left side (5); Recover on R (6)
- 7&8 Cross L behind right (7); Step R to right (&); Cross L over right (8)

[25-32] ROCK R, RECOVER BALL ROCK L, RECOVER BALL PIVOT ½ LEFT, R KICK BALL CHANGE

- 1-2& Rock R to right (1); Recover on L (2); Step ball of L next to right (&)
- 3-4& Rock L to left (1); Recover on R (2); Step ball of R next to left (&)
- 5-6 Step R forward (5); Pivot ½ left (weight on left foot) (6) [9:00]
- 7&8 Kick R forward (7); Step ball of R slightly back (&); Step L in place (8)

ENDING

Last wall (wall 11) starts facing 3 o'clock. Dance up to count 12 (shuffle ½ turn right), then step left forward, pivot ¼ right (weight on right foot), and finish with a cross shuffle LRL.

Amund Storsveen – amund.storsveen@komogdans.no