

Slow Motion

Music: Marshmellow, Jonas Brothers, Single.
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taught at: ClogConvention 2025 in Bonn
Sequence: A B C Bridge A B C End
wait 16 beats

Level: Basic
Time: 2:31
BPM: 103

Part A: 32 beats

2 Basic	DS RS	
(L&R)	L RL	
	R LR	
	&1 &2	
Push Turn	DS RS RS RS	
	L RL RL RL	turn 1/1 left
	&1 &2 &3 &4	
2 Basic	DS RS	
(R&L)	R LR	
	L RL	
	&1 &2	
Triple	DS DS DS RS	
	R L R LR	
	&1 &2 &3 &4	

Repeat 1 time with same footwork

Part B: 32 beats

Stomp Double	STO DS DS RS	
	L R L R	
	R L R LR	
	1 &2 &3 &4	
Triple	DS DS DS RS	
	R L R LR	
	L R L RL	
	&1 &2 &3 &4	
Push Off	DS RS RS RS	
	L RL RL RL	move left on RS
	R LR LR LR	move right on RS
	&1 &2 &3 &4	
2 Basic	DS RS	
(L&R)	L RL	
	R LR	
	&1 &2	

Repeat 1 time with opposite footwork and directions

Part C: 32 beats

Push Off	DS RS RS RS	
(L&R)	L RL RL RL	move left on RS
	R LR LR LR	move right on RS
	&1 &2 &3 &4	

Stomp Double	STO DS DS RS
	L R L RL
	R L R LR
	1 &2 &3 &4

2 Basic	DS RS
(L&R)	L RL
	R LR
	&1 &2

Triple	DS DS DS RS
	L R L RL
	R L R LR
	&1 &2 &3 &4

Repeat 1 time with opposite footwork

Bridge: 16 beats

8 Toe-Heel	T H	turn 1/1 L in a circle on 8 Toe-Heels
(L&R)	L L	
	R R	
	& 1	
2 Triple	DS DS DS RS	
(L&R)	L R L RL	
	R L R LR	
	&1 &2 &3 &4	

End: 32 beats

8 Toe-Heel	T H	turn 1/1 L in a circle on 8 Toe-Heels
(L&R)	L L	
	R R	
	& 1	
2 Push Off	DS RS RS RS	
(L&R)	L RL RL RL	move left on RS
	R LR LR LR	move right on RS
	&1 &2 &3 &4	

Repeat 1 time with same footwork