

Slow Me Down (P)

Count: 32

Wand: 0

Ebene: Improver Partner

Choreograf/in: Dan Albro (USA) - March 2014

Musik: Slow Me Down - Sara Evans



Start: 16 count intro, Start with Vocals

Position: □ Two hand hold, ladies facing ILOD, man facing OLOD.

Man's footwork described. (Ladies opposite on 1st eight counts)

[1-8] □ □ TOUCH, KICK, BEHIND, SIDE, CROSS, SWAY, SWAY, SHUFFLE SIDE

1,2,3&4 man □ Touch R toe next to L, kick R side, cross R behind L, step side L, cross R over L

5,6,7&8 both □ Step side L sway hips left, sway hips right, step side L, step R next to L, step side L

[9-16] □ □ ROCK, STEP(LADIES COASTER), SHUFFLE BOX

1,2 man □ Rock back on R release ladies left hand, replace weight on L

1&2 LADY □ Step back L, step R next to L, step fwd L

3&4 both □ Turn ¼ left stepping side R, step L next to R, step side R, Releasing ladies right hand on 3(back to back man facing FLOD)

5&6 both □ Turn ¼ left stepping side L, step R next to L, step side L (face to face man facing ILOD)

7&8 both □ Turn ¼ left stepping side R, step L next to R, step side R (back to back man facing BLOD)

[17-24] □ □ BACK, BACK, ROCK, REPLACE, STEP, TOUCH, STEP, TOUCH

1,2 both □ Step back L, step back R picking up ladies left hand as you pass

3,4 both □ Rock back L, replace weight on R

5,6 man □ Step angle fwd L, touch R toe next to L pick up ladies right hand at her right hip

5,6 LADY □ Step fwd L turning ½ right, touch R toe next to L (lady in front of man both facing BLOD)

7,8 both □ Step side R, touch L toe next to R

[25-32] □ □ SHUFFLE ½ TURN, SHUFFLE FWD, STEP ¼ TURN, COASTER (LADIES ½ PIVOT)

1&2 both □ Turn ¼ left stepping side L, step R next to L, turn ¼ left stepping fwd L

3&4 both □ Step fwd R, step L next to R, step fwd R

5,6 both □ Step fwd L releasing ladies left hand, pivot ¼ right weight on R

7&8 man □ Step back L releasing ladies right hand, step R next to L, step fwd L

7,8 LADY □ Step fwd L, pivot ½ left weight on R picking up two hand hold to start dance again

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