

Slow Me Down

Count: 32

Wall: 4

Level: Easy Intermediate

Choreographer: Caroline Cooper (UK) - May 2015

Music: Slow Me Down - Sara Evans



#16 Count Intro (From Heavy Beat) – Start on vocals

Sec 1: □□CROSS, ¼ TURN, SHUFFLE BACK, ROCK BACK, ½ TURN, ½ TURN

- 1-2 Cross R over L, ¼ R stepping back L
3&4 Step back R, step L next to R, step back R
5-6 Rock back L, recover
7-8 ½ turn R stepping back L, ½ R stepping forward R

**2nd RESTART

Sec 2: □□LOCK STEP FORWARD, STEP ½ TURN, & ¼ TURN CROSS, SIDE, UNWIND ¾ TURN

- 1&2 Step L forward, lock R behind, step forward L
3-4 Step forward R, ½ pivot turn L
&5-6 ¼ turn L, stepping R to R side, cross L over R, step R to R side
7-8 Cross L behind R, ¾ turn unwind over L

*1st RESTART

Sec 3: □□FORWARD MAMBO, WALK BACK STEPS L & R, ROCK BACK, RECOVER, ¼ TURN, BEHIND, SIDE, CROSS

- 1&2 Step forward R, bring L next to R, step back R
3-4 Step back L & R
5&6 Rock back L, recover, ¼ R stepping L to L side
7&8 Step R behind L, step L to L side, cross R over L

Sec 4: □□SIDE ROCK, TOGETHER, SIDE ROCK, TOGETHER, STEP ½ TURN, TRIPLE FULL TURN *

- 1-2& Rock L to L side, recover, step L next to R
3-4& Rock R to R side, recover, step R next to L
5-6 Step forward L, ½ pivot R
7&8 ½ turn R stepping back L, step ½ stepping forward R, step forward L

*1st Restart during wall 3 facing (12 o'clock) dance 16 counts and Restart facing 9 o'clock

**2nd Restart during wall 6 (start the dance facing 3 o'clock) dance the first 8 counts add an & count on Left, Restart the dance at 6 o'clock

End of section 4: counts 7&8 non turning option left lock, or left shuffle