

# It All Slows Down

Count: 64

Wall: 4

Level: Intermediate

Choreographer: Debbie Ellis (ES) - August 2015

Music: It All Slows Down (feat. Aubrey Peebles) - Nashville Cast : (Album: The Music of Nashville: Season 2, vol 2)



## Intro – Start on vocals

### S1: Side Rock, Recover Cross Shuffle, ¼, ¼, Shuffle Forward.

- 1-2 Rock R to R side, Recover on L.
- 3&4 Cross R over L, step L to L side, cross R over L.
- 5-6 Step back L making ¼ turn R, step fwd R making ¼ turn R.
- 7&8 Step L fwd, close R beside L, step L fwd.

### S2: Walk, Walk, Kick Ball change, Rock, Recover, Coaster Step.

- 1-2 Walk fwd R,L.
- 3&4 Kick R fwd, step R in place, step L beside R.
- 5-6 Rock fwd on R, Recover on L.
- 7&8 Step R back, close L beside R, step R fwd.

### S3: Step Pivot ¼ Turn, Turning Weave, Side, Drag, Touch.

- 1-2 Step L fwd, Pivot ¼ turn R.
- 3-4 Cross L over R, step R back making ¼ turn L.
- 5-6 Step L to L side making ¼ turn L, cross R over L.
- 7-8 Step L LONG step to L side, drag R to L, touch R beside L.

### S4: Kick Ball Cross, Side, Drag, Kick Ball Cross, side Drag.

- 1&2 Kick R diagonally fwd, step R in place, cross L over R.
- 3-4 Step R LONG step to R side, drag L to R, touch L beside R.
- 5&6 Kick L diagonally fwd, step L in place, cross R over L.
- 7-8 Step L LONG step to L side, drag R to L, touch R beside L.

### S5: Shuffle Forward, Shuffle ½ Turn, Shuffle ½ Turn, Rock, Recover.

- 1&2 Step R fwd, close L beside R, step R fwd.
- 3&4 Shuffle ½ turn R, stepping – L,R,L.
- 5&6 Shuffle ½ turn R, stepping – R,L,R.
- 7-8 Rock fwd on L, Recover on R.

### S6: Shuffle ½ Turn, Shuffle ½ Turn, Chasse ¼ Turn, Cross Shuffle.

- 1&2 Shuffle ½ turn L, stepping - L,R,L.
- 3&4 Shuffle ½ turn L, stepping – R,L,R.
- 5&6 Step L to L side making ¼ turn L, close R beside L, step L to L side.
- 7&8 Cross R over L, step L to L side, cross R over L.

( Note:- These 2 sections are just turning shuffles one way then the other, and you will end up on your 12:00 wall)

### S7: Side Rock, Back Rock, Rock ¼ Turn, Shuffle Forward.

- 1-2 Rock L to L side, Recover on R. ( angle body to 11:00)
- 3-4 Rock back on L, Recover on R. ( angle body to 11:00)
- 5-6 Rock L to L side, Recover on R making ¼ turn R.
- 7&8 Step L fwd, close R beside L, step L fwd.

**S8: Full Turn, Shuffle Forward, Step Pivot ½ Turn, Shuffle forward.**

1&2            Step R back making ½ turn L, step L fwd making ½ turn L.

3&4            Step R fwd, close L beside R, step R fwd.

5-6            Step L fwd, pivot ½ turn R. ( weight on R)

7&8            Step L fwd, close R beside L, step L fwd.

**Begin again, No Tags, No Restarts xxx**

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