

Slow Me Down

Count: 48

Wall: 2

Level: Low Intermediate waltz

Choreographer: Linda McCormack (UK) - March 2016

Music: Slow Me Down - Sean C Kennedy : (Album: 77)



#24 count intro dance starts on vocals

[1-6] □ Forward rock-recover, back, back, ¼ R

1,2,3 Forward L (1); rock forward on the RF (2); recover weight back onto the LF (3);
4,5,6 Back R (4); back L (5); ¼ turn R stepping RF slightly to R (6);

[7-12] □ L cross ¾ unwind with sweep, R behind, L 1/8th pivot and collect, back

1,2,3 Cross LF over R (1); ¾ unwind (back to 12.00 wall) sweeping RF around (2,3);
4,5,a6 Cross RF behind L (4); step LF to L side and pivot 1/8th (into 11.30 wall) whilst you collect RF to L (5,a); step weight back onto the RF (still in the diagonal 11.30 wall) (6);

[13-18] □ Back twinkles x 2

1,2,3 Step LF behind R (1); step RF to R side and collect LF to R (2); recover weight back onto LF (3);
4,5,6 Step RF behind R (1); step LF to L side and collect RF to L (2); recover weight back onto RF (3);

[19-24] □ back sweep, rock back- recover, forward, hold.

1,2,3 step back on the LF whilst sweeping RF 1/8th (to 12.00 wall) (1); rock back on RF (2);
recover weight forward onto LF (3);
4,5,6 Forward on the RF (4); hold (5,6);

[25-30] □ ¼ forward balance, back balance.

1,2,3 ¼ turn (9.00 wall) stepping forward on the LF (1); step RF next to L (2); step LF next to R (3);
4,5,6 Step back onto RF (4); step LF next to R (5); step RF next to L (6);

[31-36] □ ¼ forward balance, back balance.

1,2,3 ¼ turn (9.00 wall) stepping forward on the LF (1); step RF next to L (2); step LF next to R (3);
4,5,6 Step back onto RF (4); step LF next to R (5); step RF next to L (6);

[37-42] □ Forward ¼ sweep, weave.

1,2,3 Forward on the LF (1); ¼ turn sweep RF over L (6.00 wall) (2,3);
4,5,6 Cross RF over L (4); step LF to L side (5); cross LF behind R (6);

[43-48] □ Side, touch, ¼ rolling turn.

1,2,3 Step LF to L side (1); bring R toe next to LF (2,3);
4,5,6 ¼ turn stepping forward on RF (6.00 wall) (4); ½ turn over R shoulder stepping back onto the LF (12.00 wall) (5); ½ turn over the R shoulder stepping forward onto the RF (6);

Restarts: Wall 3 and wall 7 - Restart after count 24.

Last Update 29th March 2016