

# Slow Me Down

**COPPER KNOB**  
STEPSHEETS

**Compte:** 40

**Mur:** 2

**Niveau:** Intermediate Cha Cha

**Chorégraphe:** Jeanie Kotlik (USA) - September 2013

**Musique:** Slow Me Down - Sara Evans : (iTunes)



**Begin dance after 16 count intro - No Tags or Restarts.**

## **[1-8] TRIPLE STEP RIGHT, TRIPLE STEP LEFT, STEP HITCH, BACK HITCH**

- 1&2 Triple step to the right diagonal
- 3&4 Triple step to the left diagonal
- 5-6 Step forward on right, hitch left knee
- 7-8 Step back on left, hitch right knee

## **[9-16] STEP, KICK, CROSS, KICK, CROSS, STEP, 2 HIP BUMPS**

- 1-2 Step forward on right, kick in front with left
- 3-4 Cross left over right, shifting weight to left, kick in front with right
- 5-6 Cross right over left, shifting weight to right, step back on left
- 7-8 Step on right, do 2 hip bumps to the right.

## **[17-24] SIDE ROCK, RECOVER, BEHIND, SIDE, STEP, ROCKING CHAIR**

- 1-2 Rock side left, recover right
- 3&4 Cross left behind right, step right to side, step forward on left
- 5-6 Rock forward on right, recover left
- 7-8 Rock back on right, recover left

## **[25-32] TWO 1/4 PADDLE TURNS, ROCK BACK, RECOVER, ROCK BACK, RECOVER**

- 1-2 Step forward on right, roll hips left 1/4 turn, step on left
- 3-4 Step forward on right, roll hips left 1/4 turn, step on left
- 5-6 Rock back on right, recover left,
- 7-8 Rock back on right, recover left

## **[33-40] PRISSY WALK RIGHT, LEFT, PIVOT 1/2, PIVOT 1/2**

- 1- Hold Walk right, stepping in front of left, hold for one count, can snap fingers on hold
- 3- Hold Walk left, stepping in front of right, hold for one count, can snap fingers on hold
- 5-6 Step forward on right, pivot 1/2 turn left, step on left
- 7-8 Step forward on right, pivot 1/2 turn left, step on left

**Repeat prissy walk on 3rd slow me down at end of song.**

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