

# Slow Me Down

**COPPER KNOB**  
STEPSHEETS

拍数: 32      墙数: 4      级数: Easy Intermediate  
编舞者: Caroline Cooper (UK) - May 2015  
音乐: 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 oclock) dance 16 counts and Restart facing 9 oclock

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

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