

# It All Slows Down

COPPER KNOB  
STEPPERS

拍数: 64                      墙数: 4                      级数: Intermediate

编舞者: Debbie Ellis (ES) - August 2015

音乐: It All Slows Down (feat. Aubrey Peeples) - 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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