

# Slow Me Down

拍数: 44      墙数: 4      级数:  
编舞者: Dee Greenberg  
音乐: Slow Me Down - Shelby Lynne



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## STEP AND HOLD:

1-4            Right foot steps across left foot, hold, left foot steps across right foot, hold  
5-8            Repeat 1-4

## TOE TOUCHES TO SIDES, KICKS:(EXECUTE THE FOLLOWING 4 COUNTS SMOOTHLY)

9&10          Right toe touch to right side, bring right foot together, left toe touch to left side  
11&12        Bring left foot together, right toe touch to right side, right foot together  
13-14        Left foot kicks forward twice  
15&16        Step back on left foot, step back on right foot, step forward on left foot

## KICK-BALL-CHANGES, KICK AND STEP:

17-20        Two kick-ball-changes starting with right foot  
21-24        Right foot kicks forward twice, step back on right foot, step back on left foot, step forward on right foot

## SHUFFLES AND PIVOT:

25-28        Shuffle step forward starting on left foot, shuffle step forward starting on right foot  
29-32        Shuffle step forward starting on left foot, step forward on right foot, pivot one-half turn to the left and shift weight onto left foot

## SHUFFLES AND PIVOTS:

33-36        Shuffle step forward starting on right foot, step forward on left foot, pivot one-half turn to right and shift weight onto right foot  
37-40        Step forward on left foot, pivot one-quarter turn to the right and shift weight onto right foot, step forward slightly on left foot, step right foot across left foot  
41-44        Pivot one-half turn to the left on both feet, hold, right foot steps across left foot, pivot one-half turn to the left on both feet

## REPEAT

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