

# Got To Slow Down

**COPPER KNOB**  
STEPSHEETS

拍数: 32      墙数: 2      级数: Intermediate/Advanced  
编舞者: Rob McKean (CAN)  
音乐: Living In Fast Forward - Kenny Chesney



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## WALK, TOE TAP, HEEL JACK, BALL CROSS, SIDE ROCK, SIDE STEP

1-2      Walk forward right, then left  
3&4      Tap right toe behind left foot, step back on right, touch left heel in front  
&5      Step together on left, cross right over left  
6-7      Rock out to left side on left, recover onto right  
8      Slide left beside right (weight on left.)

## HIP BUMPS, TOUCH, TURN, SHUFFLE

9&10      Bump hips forward twice  
11&12      Bump hips back twice  
13      Touch right toe back  
14      Pivot right ½ turn  
15&16      Shuffle forward left-right-left

## MAMBO TWICE, MODIFIED MONTEREY TURN

17&18      Rock forward on right, recover on left, step together on right  
19&20      Rock back on left, recover on right, step together on left  
21&22      Touch right toe to right side, pivot right ½ turn on left, step down on right  
23&24      Touch left to left side, step together on left, touch right to right side

## CROSS SHUFFLE, HINGE TURN, CROSS ROCK, SIDE SHUFFLE

25&26      Cross right over left, step side left on left, cross right over left  
27-28      Step back on left making a ¼ turn right, step forward on right making ¼ turn right  
29-30      Cross left over right, recover on right  
31&32      Step side left, together on right, side left

## REPEAT

## TAG

Add two ½ right pivot turns at the end of the 2nd and 5th sequences

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