

# Slow Me Down

**COPPER KNOB**  
STEPSHEETS

拍数: 40      墙数: 2      级数: Intermediate Cha Cha  
编舞者: Jeanie Kotlik (USA) - September 2013  
音乐: 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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