

# Slow Me Down

COPPER KNOB  
BY STEPHEN

拍数: 80      墙数: 3      级数: Phrased Intermediate  
编舞者: Erika Raymond - April 2014  
音乐: Slow Me Down - Sara Evans



Intro: 16 counts - Pattern: A B A B Tag (A\*)( B\*)

## PART A

[1-8] RIGHT 1/4 SAILOR, LEFT 1/2 SAILOR, RIGHT CHASSE, LEFT 1/4 SAILOR

1&2, 3&4      Right Sailor to the 1/4,RLR. Left Sailor to the 1/2, LRL

5&6, 7&8      Right Chasse RLR, Left Sailor to the 1/4 ,LRL [6:00]

[9-16] RIGHT FWD DIAGONAL STEP, TOUCH LEFT, LEFT FWD , DIAGONAL STEP, TOUCH RIGHT, RIGHT STEP BACK. DRAG LEFT HEEL TO RIGHT TO RIGHT FOOT , LEFT COASTER BACK

1,2,3,4      Right step diagonal fwd., Touch Left Toe next to Right, Left step diagonal fwd. Touch Right toe next to Left.

5,6 7&8      Step Right foot back R diagonal , dragging Left heel to Rt foot. Coaster LRL [6:00]

[17-24]RL STEP OUT , OUT ,RL HIPS , BEHIND 1/4 STEP RLR, , TRIPLE FWD LRL, 2 WALKS RL□□

& 1& 2      Step out in V-step R then L, Hip Bumps RL

3 & 4      Step Right behind Left, Left 1/4 to the Left Side, Right Step Fwd

5&6, 7,8      Triple forward LRL,Walk forward RL□□□□[3:00]

[25-32] LEFT PIVOT 1/2 TURN RL, \*FULL TURN RL, ROCK RECOVER RL, COASTER RIGHT RLR□□

1,2,3,4      Step Right 1/2 Pivot Left, Full Turn , step back Right, forward Left

(Full turn alternative, two walks forward RL)□□□□

5,6 7&8      Rock forward Right recover Left, Coaster back RLR□□□[9:00]

[33-40]TWO SKATES FORWARD, LR, TRIPLE LRL , LEFT FULL TURN PIVOT RLRL□□□

1,2 3&4      Skate Forward Left, Right. Triple forward Left, Right, Left

5,6,7,8      Full Turn Pivot , Stepping forward right, 1/2 turn Left, step forward right 1/2 turn left . [9:00]

[41-48]TWO SKATES FORWARD, RL, TRIPLE R L R, RIGHT FULL TURN PIVOT L R L R□□□

1,2 3&4      Skate Forward Right, Left. Triple forward Right, Left, Right

5,6,7 ,8      Full Turn Pivot, Stepping forward left, 1/2 turn Right step forward left 1/2 turn right.□[9:00]

[49-56] TOUCH, TOUCH SAILOR LEFT, RIGHT ROCK STEP RECOVER STEP LEFT□□□

1,2 3&4      Touch Left toe front, touch left toe side, sailor LRL

5,6 & 7 8&      Rock Right foot over Left, recover Left, Step Right, rock Left over Right, Recover Right, Step Left [9:00]

[57-64] TOUCH, TOUCH SAILOR RIGHT,LEFT ROCK STEP AND RIGHT ROCK STEP□□

1,2 3&4      Touch Right toe front, touch right toe side, sailor RLR

5, 6 & 7, 8&      Rock Left foot over Right foot, recover Right, Step Left, rock Right over Left, Recover Left , Step Right [9:00]

## PART B - 16 counts

[1-8]□STEP OUT LEFT, 1/2 TURN , RL. TOUCH R TOE. SAILOR 2X-- RLR, LRL□□

1-4      Step out Left, 1/4 Left turn stepping out Right, 1/4 Left turn stepping out Left, Touch R toe

5&6, 7&8      Sailor RLR, Sailor LRL□□□□□[3:00]

[9-16]□STEP OUT RIGHT, 1/2 TURN, LR. TOUCH L TOE. SAILOR , RLR, SAILOR TOUCH RLTOUCH□

1-4      Step out Right, 1/4 step out Left, 1/4 step out Right, Touch Left Toe to instep

5&6, 7&8      Sailor LRL, Sailor RL Touch Right□□□□[9:00]

(TAG OCCURS HERE AT END OF WALL 2 FACING 6:00)□□□□

TAG□□□□□□□□

[1-8]□WALK FORWARD 3 STEPS, RLR, MAMBO,LRL, WALK BACK 2STEPS RL, POINT RIGHT TOE TO RT. SIDE□

1,2,3, 4&5 Walk Fwd RLR, Mambo LRL  
6, 7, 8 Walk back, RL, Point Right

Do first Two Walls, then TAG, then Wall 3. Wall 3 is (\*modified) A\* then B\*□□□□

WALL 3 : PART A\*□□□□□□□□

[1-8] RIGHT 1/4 SAILOR, LEFT 1/2 SAILOR , LEFT CHASSE , LEFT 1/4 SAILOR □□

1&2, 3&4 Right Sailor to the 1/4,RLR. Left Sailor to the 1/2, LRL  
5&6, 7&8 Right Chasse RLR, Left Sailor to the 1/4 ,LRL

[9-16] RIGHT FWD DIAGONAL STEP, LEFT TOUCH , LEFT FWD DIAGONAL STEP RIGHT TOUCH RIGHT STEP BACK. DRAG LEFT HEEL TO RIGHT TO RIGHT FOOT , \*LEFT COASTER TOUCH□□

1,2,3,4 Right step diagonal fwd., Touch Left Toe next to Right, Left step diagonal fwd. Touch Right toe next to Left.  
5,6 7&8 Step Right foot back R diagnol , dragging Left heel to Rt foot. Coaster LR \*touch Ltoe

[17-24]TWO SKATES FORWARD, LR, TRIPLE LRL , LEFT FULL TURN PIVOT RLRL□□□

1,2 3&4 Skate Forward Left, Right. Triple forward Left, Right, Left  
5,6,7,8 Full Turn Pivot , Stepping forward right, 1/2 turn Left, step forward right 1/2 turn left.

[25-32]TWO SKATES FORWARD, RL, TRIPLE RLR, RIGHT FULL TURN PIVOT LRLR□□

1,2 3&4 Skate Forward Right, Left. Triple forward Right, Left, Right  
5,6,7 ,8 Full Turn Pivot, Stepping forward left, 1/2 turn Right step forward left 1/2 turn right.

[33-40] TOUCH, TOUCH SAILOR LEFT, RIGHT CROSS-ROCK STEP RECOVER STEP LEFT□□

1,2 3&4 Touch Left toe front, touch left toe side, sailor LRL  
5,6 & 7 8& Rock Right foot over Left, recover Left, Step Right, rock Left over Right Recover Right, Step Left

[41-48] TOUCH, TOUCH SAILOR RIGHT,LEFT CROSS- ROCK STEP AND RIGHT ROCK STEP□□

1,2 3&4 Touch Right toe front, touch right toe side, sailor RLR  
5, 6 & 7, 8& Rock Left foot over Right foot, recover Right, Step Left, rock Right over Left Recover Left , Step Right

[49-56]□REPEAT [33-40]□□□□□□□□

WALL 3: PART B\*□□□□□□□□

[1-8]□STEP OUT RIGHT,1/2TURN, LR. TOUCH L TOE. SAILOR 2X --LRL, RLR□□

1-4 Step out Right, 1/4 step out Left, 1/4 step out Right, Touch Left Toe to instep  
5&6, 7&8 Sailor LRL, Sailor RLR

[9-16]□STEP OUT LEFT, 1/2 TURN , RL. TOUCH R TOE. SAILOR 2X-- RLR, LRL□□

9,10,11,12 Step out Right, 1/4,step out Left, 1/4 step out Right, Touch Left toe  
13&14, 15&16 Sailor LRL, Sailor RL Touch Right□, Sailor RLR

[17-24]□REPEAT 1-6 - Plus Ending□□□□□□□□

1-4 Step out Right, 1/4 step out Left, 1/4 step out right Touch Left toe  
5&6 Sailor LRL  
7&8 {ENDING} SUPER SLOW 1/2 Sailor to the front. RLR

SUPER SLOW STEP STEP DRAG/TOUCH LR□□□□

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