

# Slow Me Down (P)

COPPER KNOB  
BY STEPHEN

拍數: 32      牆數: 0      級數: Improver Partner  
編舞者: Dan Albro (USA) - March 2014  
音樂: Slow Me Down - Sara Evans



Start: 16 count intro, Start with Vocals

Position: □ Two hand hold, ladies facing ILOD, man facing OLOD.

Man's footwork described. (Ladies opposite on 1st eight counts)

## [1-8] □ □ TOUCH, KICK, BEHIND, SIDE, CROSS, SWAY, SWAY, SHUFFLE SIDE

1,2,3&4      Touch R toe next to L, kick R side, cross R behind L, step side L, cross R over L  
5,6,7&8      Step side L sway hips left, sway hips right, step side L, step R next to L, step side L

## [9-16] □ □ ROCK, STEP(LADIES COASTER), SHUFFLE BOX

1,2      man □ Rock back on R release ladies left hand, replace weight on L  
1&2      LADY □ Step back L, step R next to L, step fwd L  
3&4      both □ Turn ¼ left stepping side R, step L next to R, step side R, Releasing ladies right hand on 3(back to back man facing FLOD)  
5&6      both □ Turn ¼ left stepping side L, step R next to L, step side L (face to face man facing ILOD)  
7&8      both □ Turn ¼ left stepping side R, step L next to R, step side R (back to back man facing BLOD)

## [17-24] □ □ BACK, BACK, ROCK, REPLACE, STEP, TOUCH, STEP, TOUCH

1,2      both □ Step back L, step back R picking up ladies left hand as you pass  
3,4      both □ Rock back L, replace weight on R  
5,6      man □ Step angle fwd L, touch R toe next to L pick up ladies right hand at her right hip  
5,6      LADY □ Step fwd L turning ½ right, touch R toe next to L (lady in front of man both facing BLOD)  
7,8      both □ Step side R, touch L toe next to R

## [25-32] □ □ SHUFFLE ½ TURN, SHUFFLE FWD, STEP ¼ TURN, COASTER (LADIES ½ PIVOT)

1&2      both □ Turn ¼ left stepping side L, step R next to L, turn ¼ left stepping fwd L  
3&4      both □ Step fwd R, step L next to R, step fwd R  
5,6      both □ Step fwd L releasing ladies left hand, pivot ¼ right weight on R  
7&8      man □ Step back L releasing ladies right hand, step R next to L, step fwd L  
7,8      LADY □ Step fwd L, pivot ½ left weight on R picking up two hand hold to start dance again

Contact: [www.mishnockbarn.com](http://www.mishnockbarn.com) - [mishnockbarn@gmail.com](mailto:mishnockbarn@gmail.com)