

Slow Me Down

Choreographed by: Dan Albro (3/13/2014)



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Description: 32 Count, Beginner/Intermediate Partner Dance

Music: Slow Me Down by: 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*