

Slow Down Sister

32 Count, 4 Wall, Improver

Choreographer: Claire Butterworth & Stephen Rutter
(UK) March 2011

Choreographed to: Slow Down Sister by
Lady Antebellum (112bpm)

16 count intro (from the main beat)

Forward Rock, Shuffle half Turn Right, Forward Rock, Coaster Step.

- 1-2 Rock forward right, recover weight back onto left.
3&4 make a half turn right stepping right, left, right.
5-6 Rock forward onto left, recover weight onto right.
7&8 Step back on left foot, bring right next to left and step forward on left.

Heel switches, Pivot ¼ Turn Left, Syncopated Jazz Box, Point.

- 1&2 Bring right heel forward, bring right back in place and put left heel forward.
&3-4 replace left next to right, step forward on the right, pivot a half turn left.
5-6 Cross right over the left, Step back on the left.
&7-8 Step right to right side, cross left over right, point right toe to right side.

Cross Behind, Point, Sailor Step, Pivot ½ left, Step Forward, ½ Turn Right, Shuffle ½ Right.

- 1-2 step right behind left, point left to left side.
3&4 step left behind right, step right to right side, step left slightly forward.
Restart at this point on walls 2 (12.00) and 5 (9.00)
5-6 step forward right, pivot a half turn left.
7-8 Step forward on right, make a half turn right stepping back on the left.

Shuffle ½ Turn Right, Side Rock, Crossing Shuffle, Step Back, Side Step.

- 1&2 Make a half turn right stepping on right, left, right.
3-4 rock left to left side, recover on the right.
5&6 cross left over right, step right to right side, cross left over right.
7-8 Step back on right, step to left side.

Option: For those who prefer not to turn, the turn in Section 3 (7-8) can be replaced with 2 walks forward, then a right shuffle forward in Section 4 (1&2).

Music download available from iTunes
