

Slow Me Down

BEGINNER

44 Count

Choreographed by: Dee Greenberg

Choreographed to: Slow Me Down by Shelby Lynne

STEP AND HOLD:

- 1 - 4 Right foot steps across left foot, hold, left foot steps across right foot, hold
5 - 8 Repeat 1-4

TOE TOUCHES TO SIDES, KICKS:(EXECUTE THE FOLLOWING 4 COUNTS SMOOTHLY)

- 9 & 10 Right toe touch to right side, bring right foot together, left toe touch to left side
11 & 12 Bring left foot together, right toe touch to right side, right foot together
13 - 14 Left foot kicks forward twice
15 & 16 Step back on left foot, step back on right foot, step forward on left foot

KICK-BALL-CHANGES, KICK AND STEP:

- 17 - 20 Two kick-ball-changes starting with right foot
21 - 24 Right foot kicks forward twice, step back on right foot, step back on left foot, step forward on right foot

SHUFFLES AND PIVOT:

- 25 - 28 Shuffle step forward starting on left foot, shuffle step forward starting on right foot
29 - 32 Shuffle step forward starting on left foot, step forward on right foot, pivot one-half turn to the left and shift weight onto left foot

SHUFFLES AND PIVOTS:

- 33 - 36 Shuffle step forward starting on right foot, step forward on left foot, pivot one-half turn to right and shift weight onto right foot
37 - 40 Step forward on left foot, pivot one-quarter turn to the right and shift weight onto right foot, step forward slightly on left foot, step right foot across left foot
41 - 44 Pivot one-half turn to the left on both feet, hold, right foot steps across left foot, pivot one-half turn to the left on both feet

REPEAT