

Slow Me Down

40 Count, 2 Wall, Intermediate Cha Cha

Choreographer: Jeanie Lindsey (USA) Sept 2013

Choreographed to: Slow Me Down by Sara Evans

Intro: Begin dance after 16 count intro - No Tags or Restarts.

[1-8] TRIPLE STEP RIGHT, TRIPLE STEP LEFT, STEP HITCH, BACK HITCH

- 1&2 Triple step to the right diagonal
- 3&4 Triple step to the left diagonal
- 5-6 Step forward on right, hitch left knee
- 7-8 Step back on left, hitch right knee

[9-16] STEP, KICK, CROSS, KICK, CROSS, STEP, 2 HIP BUMPS

- 1-2 Step forward on right, kick in front with left
- 3-4 Cross left over right, shifting weight to left, kick in front with right
- 5-6 Cross right over left, shifting weight to right, step back on left
- 7-8 Step on right, do 2 hip bumps to the right.

[17-24] SIDE ROCK, RECOVER, BEHIND, SIDE, STEP, ROCKING CHAIR

- 1-2 Rock side left, recover right
- 3&4 Cross left behind right, step right to side, step forward on left
- 5-6 Rock forward on right, recover left
- 7-8 Rock back on right, recover left

[25-32] TWO 1/4 PADDLE TURNS, ROCK BACK, RECOVER, ROCK BACK, RECOVER

- 1-2 Step forward on right, roll hips left 1/4 turn, step on left
- 3-4 Step forward on right, roll hips left 1/4 turn, step on left
- 5-6 Rock back on right, recover left,
- 7-8 Rock back on right, recover left

[33-40] PRISSY WALK RIGHT, LEFT, PIVOT 1/2, PIVOT 1/2

- 1-2 Hold Walk right, stepping in front of left, hold for one count, can snap fingers on hold
- 3-4 Hold Walk left, stepping in front of right, hold for one count, can snap fingers on hold
- 5-6 Step forward on right, pivot 1/2 turn left, step on left
- 7-8 Step forward on right, pivot 1/2 turn left, step on left

Repeat prissy walk on 3rd slow me down at end of song.

Music download available from iTunes