

Slow Me Down

Phrased, 3 Wall, Intermediate

Choreographer: Erika Raymond (July 2014)

Choreographed to: Slow Me Down by Sara Evans,

CD: Slow Me Down

Sequence: 16-count intro, AB, AB, Tag, A(1-16), A(33-40), A(33-40), B(9-16), B(1-8), B(9-14), Ending
Start dancing on lyrics

PART A

RIGHT ¼ SAILOR, LEFT ½ SAILOR, LEFT CHASSE, LEFT ¼ SAILOR

- 1&2 Right sailor step turning ¼ right
3&4 Left sailor step turning ½ left
5&6 Chassé side right-left-right
7&8 Left sailor step turning ¼ left (6:00)

RIGHT FORWARD DIAGONAL STEP, LEFT TOUCH, LEFT FORWARD DIAGONAL STEP, RIGHT TOUCH RIGHT STEP BACK, DRAG LEFT HEEL TO RIGHT TO RIGHT, LEFT COASTER BACK

- 1-4 Step right diagonally forward, touch left together, step left diagonally forward, touch right together
5-6-7&8 Step right diagonally back, drag left toward right, left coaster step (6:00)

RIGHT LEFT STEP OUT, OUT, RIGHT LEFT HIPS, BEHIND ¼ STEP RIGHT, LEFT, RIGHT, TRIPLE FORWARD L,R,L, 2 WALKS RIGHT LEFT

- &1&2 Step right diagonally forward, step left side, hip right, hip left
3&4 Cross right behind, turn ¼ left and step left side, step right forward
5&6-7-8 Chassé forward left-right-left, step right forward, step left forward (3:00)

LEFT TURN ½ RIGHT, LEFT, FULL TURN RIGHT, LEFT, ROCK RECOVER RIGHT, LEFT, COASTER

- 1-2-3-4 Turn ½ left and step right back, turn ½ left and step left forward, rock right back, recover to left
Option: step right forward, step left forward
5-6-7&8 Rock right forward, recover to left, right coaster step (9:00)

2 x SKATES FORWARD, LEFT, RIGHT, TRIPLE LEFT, RIGHT, LEFT, LEFT FULL TURN RIGHT, LEFT, RIGHT, LEFT

- 1-2-3&4 Skate left, skate right, chassé forward left-right-left
5-6-7-8 Turn ½ left and step right back, turn ½ left and step left forward, step right forward, turn ½ left (weight to left) (9:00)

2 x SKATES FORWARD, RIGHT, LEFT, TRIPLE RIGHT LEFT RIGHT, RIGHT FULL TURN L,R,L,R

- 1-2-3&4 Skate right, skate left, chassé forward right-left-right
5-6-7-8 Turn ½ right and step left back, turn ½ right and step right forward, step left forward, turn ½ right (weight to right) (9:00)

TOUCH, TOUCH SAILOR LEFT, RIGHT ROCK STEP RECOVER STEP LEFT

- 1-2-3&4 Touch left forward, touch left side, left sailor step
5-6& Cross/rock right over, recover to left, step right side
7-8& Cross/rock left over, recover to right, step left side (9:00)

TOUCH, TOUCH SAILOR RIGHT, LEFT ROCK STEP AND RIGHT ROCK STEP

- 1-2-3&4 Touch right forward, touch right side, right sailor step
5-6&7-8& Cross/rock left over, recover to right, cross/rock left over, recover to left, step right side (9:00)

PART B

STEP OUT LEFT, ½ TURN, RIGHT, LEFT TOUCH RIGHT TOE, SAILOR 2X (R,L,R – L,R,L)

- 1-4 Step left side, turn ¼ left and step right forward, turn ¼ left and step left side, touch right side
5&6-7&8 Right sailor step, left sailor step (3:00)

STEP OUT RIGHT, ½ TURN, LEFT, RIGHT TOUCH LEFT TOE. SAILOR (L,R,L), SAILOR TOUCH RIGHT, LEFT TOUCH

- 1-4 Step right side, turn ¼ left and step left side, turn ¼ left and step right side, touch left together
5&6 Left sailor step
7&8 Cross right behind, step left side, touch right together (9:00)
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TAG

**WALK FORWARD R,L,R, MAMBO, LEFT, RIGHT, LEFT, WALK BACK 2 STEPS R,L,
POINT RIGHT TOE TO RIGHT SIDE**

1-2-3 Step right forward, step left forward, step right forward

4&5 Rock left forward, recover to right, step left together

6-7-8 Step right back, step left back, touch right side

ENDING

7&8 Right sailor step turning $\frac{1}{2}$ right (this is danced super slow)