

## It All Slows Down

64 Count, 4 Wall, Intermediate

Choreographer: Debbie Ellis (Spain) Aug 2015

Choreographed to: It All Slows Down by Aubrey Peebles,

CD: The Music Of Nashville: Season 2, Vol 2

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Intro – Start on vocals

**1 Side Rock, Recover Cross Shuffle, ¼, ¼, Shuffle Forward.**

- 1-2 Rock R to R side, Recover on L.  
3&4 Cross R over L, step L to L side, cross R over L.  
5-6 Step back L making ¼ turn R, step fwd R making ¼ turn R.  
7&8 Step L fwd, close R beside L, step L fwd.

**2 Walk, Walk, Kick Ball change, Rock, Recover, Coaster Step.**

- 1-2 Walk fwd R,L.  
3&4 Kick R fwd, step R in place, step L beside R.  
5-6 Rock fwd on R, Recover on L.  
7&8 Step R back, close L beside R, step R fwd.

**3 Step Pivot ¼ Turn, Turning Weave, Side, Drag, Touch.**

- 1-2 Step L fwd, Pivot ¼ turn R.  
3-4 Cross L over R, step R back making ¼ turn L.  
5-6 Step L to L side making ¼ turn L, cross R over L.  
7-8 Step L LONG step to L side, drag R to L, touch R beside L.

**4 Kick Ball Cross, Side, Drag, Kick Ball Cross, side Drag.**

- 1&2 Kick R diagonally fwd, step R in place, cross L over R.  
3-4 Step R LONG step to R side, drag L to R, touch L beside R.  
5&6 Kick L diagonally fwd, step L in place, cross R over L.  
7-8 Step L LONG step to L side, drag R to L, touch R beside L.

**5 Shuffle Forward, Shuffle ½ Turn, Shuffle ½ Turn, Rock, Recover.**

- 1&2 Step R fwd, close L beside R, step R fwd.  
3&4 Shuffle ½ turn R, stepping – L,R,L.  
5&6 Shuffle ½ turn R, stepping – R,L,R.  
7-8 Rock fwd on L, Recover on R.

**6 Shuffle ½ Turn, Shuffle ½ Turn, Chasse ¼ Turn, Cross Shuffle.**

- 1&2 Shuffle ½ turn L, stepping - L,R,L.  
3&4 Shuffle ½ turn L, stepping – R,L,R.  
5&6 Step L to L side making ¼ turn L, close R beside L, step L to L side.  
7&8 Cross R over L, step L to L side, cross R over L.

(Note:- These 2 sections are just turning shuffles one way then the other, and you will end up on 12:00 wall)

**7 Side Rock, Back Rock, Rock ¼ Turn, Shuffle Forward.**

- 1-2 Rock L to L side, Recover on R. ( angle body to 11:00)  
3-4 Rock back on L, Recover on R. ( angle body to 11:00)  
5-6 Rock L to L side, Recover on R making ¼ turn R.  
7&8 Step L fwd, close R beside L, step L fwd.

**8 Full Turn, Shuffle Forward, Step Pivot ½ Turn, Shuffle forward.**

- 1&2 Step R back making ½ turn L, step L fwd making ½ turn L.  
3&4 Step R fwd, close L beside R, step R fwd.  
5-6 Step L fwd, pivot ½ turn R. ( weight on R)  
7&8 Step L fwd, close R beside L, step L fwd.

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Begin again, No Tags, No Restarts xxx

