

Slow Me Down

32 Count, 4 Wall, Intermediate

Choreographer: Tim Gauci (AU) July 2015

Choreographed to: Slow Me Down by Sara Evans (3:16)

Begin dance 16 beats in, on lyrics

- [1-8] STEP, STEP, PIVOT ½, ½, BACK, TOG, BACK/SWEEP, BACK/SWEEP, BEHIND, SIDE, CROSS, SIDE**
12&34& Step L fwd, step R fwd, pivot ½ turn L (&), making ½ turn L step R back, step back L, R (&) 12:00
56&7&8& Step L back sweeping R foot from front to back, step R back sweeping L from front to back, step L behind R, step R to R (&), cross L over R, step R to R (&) 12:00
- [9-16] CROSS, ROCK, SIDE, CROSS, SIDE, ROCK, CROSS, SIDE/Drag, BACK, ROCK, SIDE, BEHIND, ¼, FWD**
12&3&4& Cross L over R, rock weight onto R, step L to L (&), cross R over L, step L to L (&), rock weight onto R, cross L over R (&) 12:00
56&7&8& Step R to R dragging L tog, step L back, rock weight fwd onto R (&), step L to L, step R behind L (&), making ¼ turn L step L fwd, step R fwd (&)* 9:00
- [17-24] FWD, ROCK, ½, ¼, BEHIND, SIDE, CROSS, ROCK, SIDE, CROSS, ROCK, SIDE**
12&34& Step L fwd, rock weight onto R, making ½ turn L step L fwd (&), making ¼ turn L step R to R, step L behind R, step R to R (&) 12:00
56&78& Cross L over R, rock weight onto R, step L slightly to L (&), cross R over L, rock weight onto L, step R slightly to R (&)** 12:00
- [25-32] FWD, STEP, PIVOT ½, STEP, ¼, ½, FWD, ROCK, TOG, BACK, ROCK, TOG**
12&34& Step L fwd, step R fwd, pivot ½ turn L (&), step R fwd, making ¼ turn R step L to L, making ½ turn R step R to R (&) 3:00
56&78& Step L fwd, rock weight back onto R, step L tog (&), step R back, rock weight fwd onto L, step R tog (&) 3:00

[32] Beats - Repeat dance in new direction

- Restart on wall 3 – dance up to beat 16&* and restart dance from beginning facing 3.00 wall**
Restart on wall 6 – dance up to beat 24& and restart dance from beginning facing 9.00 wall**
Restart on wall 7 – dance up to beat 16&* and restart dance from beginning facing 6.00 wall

Enjoy