

Slow Me Down

48 Count, 2 Wall, Intermediate (Waltz)

Choreographer: Linda McCormack (UK) Mar 2016

Choreographed to: Slow Me Down by Sean C Kennedy

Album: '77

24 count intro dance starts

- Section 1** **Forward Rock-Recover, Back, Back, ¼ R**
1,2,3 Forward L (1); rock forward on the RF (2); recover weight back onto the LF (3);
4,5,6 Back R (4); back L (5); ¼ turn R stepping RF slightly to R (6);
- Section 2** **L Cross ¾ Unwind With Sweep, Rbehind, L 1/8th Pivot And Collect, Back**
1,2,3 Cross LF over R (1); ¾ unwind (back to 12.00 wall) sweeping RF around (2,3);
4,5,a6 Cross RF behind L (4); step LF to L side and pivot 1/8th (into 11.30 wall) whilst you collect RF to
L (5,a); step weight back onto the RF (still in the diagonal 11.30wall) (6);
- Section 3** **Back Twinkles X 2**
1,2,3 Step LF behind R (1); step RF to R side and collect LF to R (2); recover weight back onto LF (3);
4,5,6 Step RF behind R (1); step LF to L side and collect RF to L (2); recover weight back onto RF (3);
- Section 4** **Back Sweep, Rock Back- Recover, Forward, Hold.**
1,2,3 Step back on the LF whilst sweeping RF 1/8th (to 12.00 wall) (1); rock back on RF (2);
4,5,6 recover weight forward onto LF (3);
Forward on the RF (4); hold (5,6);
- Section 5** **¼ Forward Balance, Back Balance.**
1,2,3 ¼ turn (9.00 wall) stepping forward on the LF (1); step RF next to L (2); step LF next to R (3);
4,5,6 Step back onto RF (4); step LF next to R (5); step RF next to L (6);
- Section 6** **¼ Forward Balance, Back Balance.**
1,2,3 ¼ turn (9.00 wall) stepping forward on the LF (1); step RF next to L (2); step LF next to R (3);
4,5,6 Step back onto RF (4); step LF next to R (5); step RF next to L (6);
- Section 7** **¼ Forward Balance, Back Balance.**
37-42 Forward ¼ sweep, weave.
1,2,3 Forward on the LF (1); ¼ turn sweep RF over L (6.00 wall) (2,3);
4,5,6 Cross RF over L (4); step LF to L side (5); cross LF behind R (6);
- Section 8** **Side, Touch, ¼ Rolling Turn.**
1,2,3 Step LF to L side (1); bring R toe next to LF (2,3);
4,5,6 ¼ turn stepping forward on RF (6.00 wall) (4); ½ turn over R shoulder stepping back onto
the LF (12.00 wall) (5); ½ turn over the R shoulder stepping forward onto the RF (6);