

Slow Me Down (P)

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Count: 32

Wall: —

Level: Beginner / Intermediate Partner

Choreographer: Dan Albro (3/13/2014)

Music: Slow Me Down by Sara Evans

Start: 16 count intro, Start with Vocals

Position: Two hand hold, ladies facing ILOD, man facing OLOD.

Man's footwork described. (Ladies opposite on 1st eight counts)

[1-8] TOUCH, KICK, BEHIND, SIDE, CROSS, SWAY, SWAY, SHUFFLE SIDE

1,2,3&4 Touch R toe next to L, kick R side, cross R behind L, step side L, cross R over L

5,6,7&8 Step side L sway hips left, sway hips right, step side L, step R next to L, step side L

[9-16] ROCK, STEP(LADIES COASTER), SHUFFLE BOX

1,2man Rock back on R release ladies left hand, replace weight on L

1&2LADY Step back L, step R next to L, step fwd L

3&4both Turn $\frac{1}{4}$ left stepping side R, step L next to R, step side R, Releasing ladies right hand on 3(back to back man facing FLOD)

5&6both Turn $\frac{1}{4}$ left stepping side L, step R next to L, step side L (face to face man facing ILOD)

7&8both Turn $\frac{1}{4}$ left stepping side R, step L next to R, step side R (back to back man facing BLOD)

[17-24] BACK, BACK, ROCK, REPLACE, STEP, TOUCH, STEP, TOUCH

1,2both Step back L, step back R picking up ladies left hand as you pass

3,4both Rock back L, replace weight on R

5,6man Step angle fwd L, touch R toe next to L pick up ladies right hand at her right hip

5,6LADY Step fwd L turning $\frac{1}{2}$ right, touch R toe next to L(lady in front of man both facing BLOD)

7,8both Step side R, touch L toe next to R

[25-32] SHUFFLE $\frac{1}{2}$ TURN, SHUFFLE FWD, STEP $\frac{1}{4}$ TURN, COASTER (LADIES $\frac{1}{2}$ PIVOT)

1&2both Turn $\frac{1}{4}$ left stepping side L, step R next to L, turn $\frac{1}{4}$ left stepping fwd L

3&4both Step fwd R, step L next to R, step fwd R

5,6both Step fwd L releasing ladies left hand, pivot $\frac{1}{4}$ right weight on R

7&8man Step back L releasing ladies right hand, step R next to L, step fwd L

7,8LADY Step fwd L, pivot $\frac{1}{2}$ left weight on R picking up two hand hold to start dance again

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