Slow Me Down (P)

Choreographed by: Dan Albro (13/03/2014)
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Description: 32 Count beginner Intermediate Partner Dance
Two hand hold, ladies facing ILOD, man facing OLOD.
Man's footwork described. (Ladies opposite on 1st eight counts)

Music: Slow Me Down - Sara Evans
16 count intro, Start with Vocals

[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

1,2 **Man:** Rock back on R release ladies left hand, replace weight on L
1&2 **LADY:** Step back L, step R next to L, step fwd L
3&4 **Both:** Turn ¼ 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&6 **Both:** Turn ¼ left stepping side L, step R next to L, step side L
(face to face man facing ILOD)
7&8 **Both:** Turn ¼ 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

1,2 **Both:** Step back L, step back R picking up ladies left hand as you pass
3,4 **Both:** Rock back L, replace weight on R
5,6 **Man:** Step angle fwd L, touch R toe next to L pick up ladies right hand at her right hip
5,6 **LADY:** Step fwd L turning ½ right, touch R toe next to L
(lady in front of man both facing BLOD)
7,8 **Both:** Step side R, touch L toe next to R

[25-32] SHUFFLE ½ TURN, SHUFFLE FWD, STEP ¼ TURN, COASTER (LADIES ½ PIVOT)

1&2 **Both:** Turn ¼ left stepping side L, step R next to L, turn ¼ left stepping fwd L
3&4 **Both:** Step fwd R, step L next to R, step fwd R
5,6 **Both:** Step fwd L releasing ladies left hand, pivot ¼ right weight on R
7&8 **Man:** Step back L releasing ladies right hand, step R next to L, step fwd L
7,8 **LADY:** Step fwd L, pivot ½ left weight on R picking up two hand hold to start dance again
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Every effort has been made to make sure these dance sheets are accurate. Please let us know if there are any errors or omissions email: jbwesterndance@aol.com.