

# Slow Me Down (P)

Count: 32    Wall: 0    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**

1,2      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

**Contact: [www.mishnockbarn.com](http://www.mishnockbarn.com) - [mishnockbarn@gmail.com](mailto:mishnockbarn@gmail.com)**