# SLOW ME DOWN

| Song | Slow Me Down  (3:16) | Artist | Sara Evans | Album | iTunes single | |
|------|---------------------|--------|-----------|-------|---------------|---|
| Level | Intermediate | Type | Line Dance | Beats | 32 | Walls | 4 |

| Other Information | Begin dance 16 beats in, on lyrics | | |
|-------------------|-----------------------------------|---|---|
| Choreographed by | Tim Gauci, BROKEN HILL  NSW  2880 | Date | July 2015 |

| Beats | Step Description | |
|-------|------------------|---|
| **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 ☺**