

# Slow Me Down (P)

**COPPER** KNOB  
BY THE PITCHBENDERS

Count: 32

Wall: 0

Level: Beginner / Intermediate Partner

Choreographer: Dan Albro (USA) - March 2014

Music: Slow Me Down - 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      man □ Touch R toe next to L, kick R side, cross R behind L, step side L, cross R over L

5,6,7&8      both □ 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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