

Can't Slow Down

COPPER KNOB
STEPSHEETS

Count: 32

Wall: 4

Level: Improver

Choreographer: Bonita Malone (USA) - May 2025

Music: can't slow down - almost monday



#16 count introduction

*1 Restart

SIDE, TOGETHER, ¼ TURN, TOUCH, SIDE, TOGETHER, ¼ TURN, TOUCH

1,2,3,4 Step R side (1), step L next to R (2), ¼ turn step R fwd (3), touch L next to R (4) [3:00]

5,6,7,8 Step L side (5), step R next to L (6), ¼ turn step L back (7), touch R next to L (8) [6:00]

(both ¼ turns are turning R)

ROCK SIDE, RECOVER, BEHIND, SIDE, CROSS, ROCK SIDE, RECOVER, CROSS SHUFFLE

1,2 Rock R side (1), recover L (2)

3&4 Step R behind (3), step L side (&), step R cross frt (4)

5,6 Rock L side (5), recover R (6)

7&8 Step L cross frt (7), step R (&), step L cross frt allowing body to turn slightly to [7:30]

RESTART here on Wall 5 facing [6:00]

STEP, SWEEP, STEP, SWEEP, CROSS FRT, STEP BACK, COASTER STEP

1,2 Step R fwd (1), sweep L back to front (2) [7:30]

3,4 Step L fwd (3), sweep R back to front (4)

5,6 Step R cross frt (5), step back on L (6) squaring to [9:00]

7&8 Step R back (7), step L next to R (&), step R fwd (8)

STEP FWD, HITCH, STEP BACK, DRAG, COASTER STEP, STEP FWD, PIVOT ½ TURN

1,2 Step L fwd (1), hitch R (2)

3,4 Step R back (3), drag L toe back (4)

5&6 Step L back (5), step R next to L (&), step L fwd (6)

7,8 Step R fwd (7), pivot ½ turn L (9) [3:00]

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