

# Slow Me Down

Count: 44

Wall: 4

Level:

Choreographer: Dee Greenberg

Music: Slow Me Down - Shelby Lynne



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## STEP AND HOLD:

- 1-4 Right foot steps across left foot, hold, left foot steps across right foot, hold  
5-8 Repeat 1-4

## TOE TOUCHES TO SIDES, KICKS:(EXECUTE THE FOLLOWING 4 COUNTS SMOOTHLY)

- 9&10 Right toe touch to right side, bring right foot together, left toe touch to left side  
11&12 Bring left foot together, right toe touch to right side, right foot together  
13-14 Left foot kicks forward twice  
15&16 Step back on left foot, step back on right foot, step forward on left foot

## KICK-BALL-CHANGES, KICK AND STEP:

- 17-20 Two kick-ball-changes starting with right foot  
21-24 Right foot kicks forward twice, step back on right foot, step back on left foot, step forward on right foot

## SHUFFLES AND PIVOT:

- 25-28 Shuffle step forward starting on left foot, shuffle step forward starting on right foot  
29-32 Shuffle step forward starting on left foot, step forward on right foot, pivot one-half turn to the left and shift weight onto left foot

## SHUFFLES AND PIVOTS:

- 33-36 Shuffle step forward starting on right foot, step forward on left foot, pivot one-half turn to right and shift weight onto right foot  
37-40 Step forward on left foot, pivot one-quarter turn to the right and shift weight onto right foot, step forward slightly on left foot, step right foot across left foot  
41-44 Pivot one-half turn to the left on both feet, hold, right foot steps across left foot, pivot one-half turn to the left on both feet

## REPEAT

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