

# Slow Me Down

**COPPER KNOB**  
STEPPERS

拍數: 32      牆數: 4      級數: Easy Intermediate  
編舞者: Caroline Cooper (UK) - May 2015  
音樂: Slow Me Down - Sara Evans



## #16 Count Intro (From Heavy Beat) – Start on vocals

### Sec 1: □□CROSS, ¼ TURN, SHUFFLE BACK, ROCK BACK, ½ TURN, ½ TURN

- 1-2      Cross R over L, ¼ R stepping back L
- 3&4      Step back R, step L next to R, step back R
- 5-6      Rock back L, recover
- 7-8      ½ turn R stepping back L, ½ R stepping forward R

#### \*\*2nd RESTART

### Sec 2: □□LOCK STEP FORWARD, STEP ½ TURN, & ¼ TURN CROSS, SIDE, UNWIND ¾ TURN

- 1&2      Step L forward, lock R behind, step forward L
- 3-4      Step forward R, ½ pivot turn L
- &5-6      ¼ turn L, stepping R to R side, cross L over R, step R to R side
- 7-8      Cross L behind R, ¾ turn unwind over L

#### \*1st RESTART

### Sec 3: □□FORWARD MAMBO, WALK BACK STEPS L & R, ROCK BACK, RECOVER, ¼ TURN, BEHIND, SIDE, CROSS

- 1&2      Step forward R, bring L next to R, step back R
- 3-4      Step back L & R
- 5&6      Rock back L, recover, ¼ R stepping L to L side
- 7&8      Step R behind L, step L to L side, cross R over L

### Sec 4: □□SIDE ROCK, TOGETHER, SIDE ROCK, TOGETHER, STEP ½ TURN, TRIPLE FULL TURN \*

- 1-2&      Rock L to L side, recover, step L next to R
- 3-4&      Rock R to R side, recover, step R next to L
- 5-6      Step forward L, ½ pivot R
- 7&8      ½ turn R stepping back L, step ½ stepping forward R, step forward L

\*1st Restart during wall 3 facing (12 oclock) dance 16 counts and Restart facing 9 oclock

\*\*2nd Restart during wall 6 (start the dance facing 3oclock) dance the first 8 counts add an & count on Left, Restart the dance at 6 oclock

End of section 4: counts 7&8 non turning option left lock, or left shuffle