

SLOW ME DOWN

LINEDANCE.COM

Count: 44 **Wall:** 4 **Level:** —

Choreographer: Dee Greenberg

Music: Slow Me Down by Shelby Lynne

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