

# Slow and Easy

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**Count:** 32                      **Wall:** 4                      **Level:** Improver

**Choreographer:** Pat Stott & Glynn "Applejack" Rodgers – May 2018

**Music:** I Love The Way You Love Me – John Michael Montgomery

**Alt. 1: I Love The Way You Love Me - Boyzone (Please note - No Restart required)**

**Alt. 2: Die A Happy Man - Thomas Rhett**

**Count in: 16 Counts, Start on Vocals**

**Phrasing: 1 Restart after count 24 on wall 4.**

**[1-8] Forward Rock, Back-Cross, Back, Shuffle ½ Turn, Pivot ¼-Cross.**

- 1-2**            Rock forward right, recover weight on to left foot.
- &3-4**           Step slightly back right (angle to 1:30), cross left over right, step back right (straighten to 12:00)
- 5&6**           Turn ¼ left and step left to left side, close right to left, turn ¼ left and step forward left.
- 7&8**           Step forward right, pivot ¼ left, cross right over left.

**[9-16] Press, Recover, Behind-Side-Cross, Sways Right, Left, Right, Left.**

- 1-2**            Step left to left diagonal pressing weight on to ball of left foot bending knee slightly, recover weight on to right.
- 3&4**            Cross left behind right, step right to right side, cross left over right.
- 5-6**            Step right to right side swaying hips right, sway hips left.
- 7-8**            Sway hips to right side,sway hips left.

**[17-24] Cross-¼ Turn-Back, Walk Back, Coaster Step, Skates Forward.**

- 1&2**            Cross right over left, turn ¼ right stepping back left, step back right.\*\*
- 3-4**            Walk back left-right.\*\*
- 5&6**            Step back left, close right to left, step forward left.
- 7**                Press weight on to ball of left foot as you slide forward with the right.
- 8**                Press weight on to ball of right foot as you slide forward with the left.

**\*\*OPTIONAL TURN FOR COUNTS 17-20**

**1&2** Cross right over left, turn  $\frac{1}{4}$  right stepping back left, turn  $\frac{1}{2}$  right stepping forward right.

**3-4** Make  $\frac{1}{2}$  turn right stepping back left, step back right.

### **RESTART HERE ON WALL 4 FACING 9 O'CLOCK**

#### **[25-32] Forward Rock & Pivot $\frac{1}{4}$ Turn, Cross Shuffle, Side, Drag.**

**1-2&** Rock forward right, recover weight on to left, close right to left.

**3-4** Step forward left, pivot  $\frac{1}{4}$  turn right.

**5&6** Cross left over right, step right to right side, cross left over right.

**7-8&** Take large step to right with right foot, drag left towards right, close left to right.

### **ENDING**

**On the final wall you will dance to count 18 (Cross- $\frac{1}{4}$  Turn-Back) and will be facing 12 o'clock - just pose (slowly spread arms at waist height) - Ta-dahhhhhhh (Remember not to do the alternative turn on this last wall or you will be facing the back as the music ends!)**