

Slow Me Down

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Count: 80 **Wall:** 3 **Level:** Phrased Intermediate

Choreographer: Erika Raymond (April 2014)

Music: Slow Me Down by Sara Evans

Intro: 16 counts - Pattern: A B A B Tag (A*)(B*)

PART A

[1-8] RIGHT 1/4 SAILOR, LEFT 1/2 SAILOR, RIGHT CHASSE, LEFT 1/4 SAILOR

1&2, 3&4 Right Sailor to the 1/4,RLR. Left Sailor to the 1/2, LRL

5&6, 7&8 Right Chasse RLR, Left Sailor to the 1/4 ,LRL [6:00]

[9-16] RIGHT FWD DIAGONAL STEP, TOUCH LEFT, LEFT FWD , DIAGONAL STEP, TOUCH RIGHT, RIGHT STEP BACK. DRAG LEFT HEEL TO RIGHT TO RIGHT FOOT , LEFT COASTER BACK

1,2,3,4 Right step diagonal fwd., Touch Left Toe next to Right, Left step diagonal fwd. Touch Right toe next to Left.

5,6 7&8 Step Right foot back R diagonal , dragging Left heel to Rt foot. Coaster LRL [6:00]

[17-24]RL STEP OUT , OUT ,RL HIPS , BEHIND 1/4 STEP RLR, , TRIPLE FWD LRL, 2 WALKS RL

& 1& 2 Step out in V-step R then L, Hip Bumps RL

3 & 4 Step Right behind Left, Left 1/4 to the Left Side, Right Step Fwd

5&6, 7,8 Triple forward LRL,Walk forward RL [3:00]

[25-32] LEFT PIVOT 1/2 TURN RL, *FULL TURN RL, ROCK RECOVER RL, COASTER RIGHT RLR

1,2,3,4 Step Right 1/2 Pivot Left, Full Turn , step back Right, forward Left

(Full turn alternative, two walks forward RL)

5,6 7&8 Rock forward Right recover Left, Coaster back RLR [9:00]

[33-40]TWO SKATES FORWARD, LR, TRIPLE LRL , LEFT FULL TURN PIVOT RLRL

1,2 3&4 Skate Forward Left, Right. Triple forward Left, Right, Left

5,6,7,8 Full Turn Pivot , Stepping forward right, 1/2 turn Left, step forward right 1/2 turn left .
[9:00]

[41-48]TWO SKATES FORWARD, RL, TRIPLE R L R, RIGHT FULL TURN PIVOT L R L R

1,2 3&4 Skate Forward Right, Left. Triple forward Right, Left, Right

5,6,7 ,8 Full Turn Pivot, Stepping forward left, 1/2 turn Right step forward left 1/2 turn right.
[9:00]

[49-56] TOUCH, TOUCH SAILOR LEFT, RIGHT ROCK STEP RECOVER STEP LEFT

1,2 3&4 Touch Left toe front, touch left toe side, sailor LRL

5,6 & 7 8& Rock Right foot over Left, recover Left, Step Right, rock Left over Right, Recover Right,
Step Left [9:00]

[57-64] TOUCH, TOUCH SAILOR RIGHT,LEFT ROCK STEP AND RIGHT ROCK STEP

1,2 3&4 Touch Right toe front, touch right toe side, sailor RLR

5, 6 & 7, 8& Rock Left foot over Right foot, recover Right, Step Left, rock Right over Left, Recover
Left , Step Right [9:00]

PART B - 16 counts

[1-8] STEP OUT LEFT, 1/2 TURN , RL. TOUCH R TOE. SAILOR 2X-- RLR, LRL

1-4 Step out Left, 1/4 Left turn stepping out Right, 1/4 Left turn stepping out Left, Touch R
toe

5&6, 7&8 Sailor RLR, Sailor LRL [3:00]

**[9-16] STEP OUT RIGHT, 1/2 TURN, LR. TOUCH L TOE. SAILOR , RLR, SAILOR TOUCH
RLTOUCH**

1-4 Step out Right, 1/4 step out Left, 1/4 step out Right, Touch Left Toe to instep

5&6, 7&8 Sailor LRL, Sailor RL Touch Right [9:00]

(TAG OCCURS HERE AT END OF WALL 2 FACING 6:00)

TAG

**[1-8] WALK FORWARD 3 STEPS, RLR, MAMBO,LRL, WALK BACK 2STEPS RL, POINT
RIGHT TOE TO RT. SIDE**

1,2,3, 4&5 Walk Fwd RLR, Mambo LRL

6, 7, 8 Walk back, RL, Point Right

Do first Two Walls, then TAG, then Wall 3. Wall 3 is (*modified) A* then B*

WALL 3 : PART A*

[1-8] RIGHT 1/4 SAILOR, LEFT 1/2 SAILOR , LEFT CHASSE , LEFT 1/4 SAILOR

1&2, 3&4 Right Sailor to the 1/4,RLR. Left Sailor to the 1/2, LRL

5&6, 7&8 Right Chasse RLR, Left Sailor to the 1/4 ,LRL

[9-16] RIGHT FWD DIAGONAL STEP, LEFT TOUCH , LEFT FWD DIAGONAL STEP RIGHT TOUCH RIGHT STEP BACK. DRAG LEFT HEEL TO RIGHT TO RIGHT FOOT , *LEFT COASTER TOUCH

1,2,3,4 Right step diagonal fwd., Touch Left Toe next to Right, Left step diagonal fwd. Touch Right toe next to Left.

5,6 7&8 Step Right foot back R diagnol , dragging Left heel to Rt foot. Coaster LR *touch Ltoe

[17-24]TWO SKATES FORWARD, LR, TRIPLE LRL , LEFT FULL TURN PIVOT RLRL

1,2 3&4 Skate Forward Left, Right. Triple forward Left, Right, Left

5,6,7,8 Full Turn Pivot , Stepping forward right, 1/2 turn Left, step forward right 1/2 turn left.

[25-32]TWO SKATES FORWARD, RL, TRIPLE RLR, RIGHT FULL TURN PIVOT LRLR

1,2 3&4 Skate Forward Right, Left. Triple forward Right, Left, Right

5,6,7 ,8 Full Turn Pivot, Stepping forward left, 1/2 turn Right step forward left 1/2 turn right.

[33-40] TOUCH, TOUCH SAILOR LEFT, RIGHT CROSS-ROCK STEP RECOVER STEP LEFT

1,2 3&4 Touch Left toe front, touch left toe side, sailor LRL

5,6 & 7 8& Rock Right foot over Left, recover Left, Step Right, rock Left over Right Recover Right, Step Left

[41-48] TOUCH, TOUCH SAILOR RIGHT,LEFT CROSS- ROCK STEP AND RIGHT ROCK STEP

1,2 3&4 Touch Right toe front, touch right toe side, sailor RLR

5, 6 & 7, 8& Rock Left foot over Right foot, recover Right, Step Left, rock Right over Left Recover Left , Step Right

[49-56] REPEAT [33-40]

WALL 3: PART B*

[1-8] STEP OUT RIGHT, 1/2 TURN, LR. TOUCH L TOE. SAILOR 2X --LRL, RLR

1-4 Step out Right, 1/4 step out Left, 1/4 step out Right, Touch Left Toe to instep

5&6, 7&8 Sailor LRL, Sailor RLR

[9-16] STEP OUT LEFT, 1/2 TURN , RL. TOUCH R TOE. SAILOR 2X-- RLR, LRL

9,10,11,12 Step out Right, 1/4, step out Left, 1/4 step out Right, Touch Left toe

13&14, 15&16 Sailor LRL, Sailor RL Touch Right , Sailor RLR

[17-24] REPEAT 1-6 - Plus Ending

1-4 Step out Right, 1/4 step out Left, 1/4 step out right Touch Left toe

5&6 Sailor LRL

7&8{ENDING} SUPER SLOW 1/2 Sailor to the front. RLR

SUPER SLOW STEP STEP DRAG/TOUCH LR

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