

# Slow Me Down

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**Count:** 32      **Wall:** 4      **Level:** Easy Intermediate

**Choreographer:** Caroline Cooper (May 2015)

**Music:** Sara Evans - Slow me Down [3.15]

## #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

### 7-8½ 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  
**&5-6¾ 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&8½ turn R stepping back L, step ½ stepping forward R, step forward L**

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

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

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