

Let Me Down Slowly

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Count: 32

Wall: 4

Level: Intermediate

Choreographer: Julia Wetzel - January 2019

Music: Let Me Down Slowly (feat. Alessia Cara) by Alec Benjamin, Length: 2:49, BPM: 75

Intro: 8 counts, Start dance right before start of lyrics (7 sec. into track)

Note: No Tags or Restarts

[1 - 8] Back, Behind, Side, Cross Rock, $\frac{1}{4}$ L, Step, Lock, Step, Step, Touch, $\frac{3}{4}$ R Unwind

- 1, 2&** Step R back sweeping L to back (1), Step L behind R (2), Step R to right side (&) 12:00
- 3, 4&** Rock L over R (3), Recover on R (4), $\frac{1}{4}$ Turn left step L fw (&) 9:00
- 5&6&** Step R fw to right diag. (5), Lock L behind R (&), Step R fw to right diag. (6), Step L fw to left diag. (&) 9:00
- 7, 8** Touch R behind L (7), Unwind $\frac{3}{4}$ turn right weight on R (8) 6:00

[9 - 16] Side, Behind, Side, Cross Rock, Hitch, Behind, $1\frac{1}{4}$ L, Step, Pivot $\frac{1}{2}$ L, $\frac{1}{2}$ L

- 1&2&** Step L to left side (1), Step R behind L (&), Step L to left side (2), Cross rock R over L (&) 6:00
- 3, 4** Recover on L and hitch R (3), Step R behind L (4) 6:00
- 5&6 $\frac{1}{4}$** Turn left step L fw (5), $\frac{1}{2}$ Turn left step R back (&), $\frac{1}{2}$ Turn left step L fw (6)

Easy Option (5&6) $\frac{1}{4}$ Turn left shuffle: L R L 3:00

- 7&8** Step R fw (7), Pivot $\frac{1}{2}$ Turn left weight on L (&), $\frac{1}{2}$ Turn left step R back (8) 3:00

Easy Option (7&8) R Mambo: Rock R fw (7), Recover L (&), Step R back (8)

[17- 24] Side Rock, Behind, Side Rock, Behind, Kick, Back, Back Rock, Tap, Tap, Kick, Ball, Step

Optional Styling: On even walls (2, 4, 6) emphasize the “Down” motion with heavy Rock/Tap

- 1&2&** Rock L to left side “Down” (1), Recover on R (&), Step L behind R (2), Rock R to right side “Down” (&) 3:00
- 3&4&** Recover on L (3), Step R behind L (&), Kick L fw (4), Step L slightly back (&) 3:00
- 5&6&** Rock back on R “Down” (5), Recover on L (&), Tap R next to L “Down” (6), Tap R next to L “Down” (&) 3:00
- 7&8** Kick R fw (7), Step ball of R next to L (&), Step L fw (8) 3:00

[25 - 32] Step, Tap, Back, Sailor $\frac{3}{4}$ R, $\frac{1}{4}$ R Out, Out, In, In, Step, $\frac{1}{2}$ L Hook

- 1&2** Step R fw (1), Tap L behind R (&), Step L back sweeping R to back (2) 3:00
- 3&4, 5&** Step R behind L (3), $\frac{1}{2}$ Turn right step L fw (&), $\frac{1}{4}$ Turn right step R fw (4), $\frac{1}{4}$ Turn right step L to left side (5), Turn right step R to right side (&) 3:00

Note: Dance the Sailor into the Out-Out as a continuous turn. Use the sweep behind motion in the Sailor to generate rotation.

Easy Option (3&4) R Coaster: Step R back (3), Step L next to R (&), Step R fw (4) then Out L, Out R

- 6&** Step L back to center (6), Step R next to L (&) 3:00
- 7, 8** Step L fw (7), $\frac{1}{2}$ Turn left on L sweeping R into a hitch, use the sweep & hook motion to aid in your rotation (8) 9:00

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