

# It All Slows Down

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**Count:** 64

**Wall:** 4

**Level:** Intermediate

**Choreographer:** Debbie Ellis (06/08/2015)

**Music:** It All Slows Down, by Aubrey Peeples, (The Music of Nashville: Season 2, vol 2).

## Intro - Start on vocals

### S1: Side Rock, Recover Cross Shuffle, $\frac{1}{4}$ , $\frac{1}{4}$ , Shuffle Forward.

- 1-2 Rock R to R side, Recover on L.
- 3&4 Cross R over L, step L to L side, cross R over L.
- 5-6 Step back L making  $\frac{1}{4}$  turn R, step fwd R making  $\frac{1}{4}$  turn R.
- 7&8 Step L fwd, close R beside L, step L fwd.

### S2: Walk, Walk, Kick Ball change, Rock, Recover, Coaster Step.

- 1-2 Walk fwd R,L.
- 3&4 Kick R fwd, step R in place, step L beside R.
- 5-6 Rock fwd on R, Recover on L.
- 7&8 Step R back, close L beside R, step R fwd.

### S3: Step Pivot $\frac{1}{4}$ Turn, Turning Weave, Side, Drag, Touch.

- 1-2 Step L fwd, Pivot  $\frac{1}{4}$  turn R.
- 3-4 Cross L over R, step R back making  $\frac{1}{4}$  turn L.
- 5-6 Step L to L side making  $\frac{1}{4}$  turn L, cross R over L.
- 7-8 Step L LONG step to L side, drag R to L, touch R beside L.

### S4: Kick Ball Cross, Side, Drag, Kick Ball Cross, side Drag.

- 1&2 Kick R diagonally fwd, step R in place, cross L over R.
- 3-4 Step R LONG step to R side, drag L to R, touch L beside R.
- 5&6 Kick L diagonally fwd, step L in place, cross R over L.
- 7-8 Step L LONG step to L side, drag R to L, touch R beside L.

### S5: Shuffle Forward, Shuffle $\frac{1}{2}$ Turn, Shuffle $\frac{1}{2}$ Turn, Rock, Recover.

- 1&2 Step R fwd, close L beside R, step R fwd.

- 3&4** Shuffle ½ turn R, stepping – L,R,L.  
**5&6** Shuffle ½ turn R, stepping – R,L,R.  
**7-8** Rock fwd on L, Recover on R.

**S6: Shuffle ½ Turn, Shuffle ½ Turn, Chasse ¼ Turn, Cross Shuffle.**

- 1&2** Shuffle ½ turn L, stepping - L,R,L.  
**3&4** Shuffle ½ turn L, stepping – R,L,R.  
**5&6** Step L to L side making ¼ turn L, close R beside L, step L to L side.  
**7&8** Cross R over L, step L to L side, cross R over L.

**( Note-: These 2 sections are just turning shuffles one way then the other, and you will end up on your 12:00 wall)**

**S7: Side Rock, Back Rock, Rock ¼ Turn, Shuffle Forward.**

- 1-2** Rock L to L side, Recover on R. ( angle body to 11:00)  
**3-4** Rock back on L, Recover on R. ( angle body to 11:00)  
**5-6** Rock L to L side, Recover on R making ¼ turn R.  
**7&8** Step L fwd, close R beside L, step L fwd.

**S8: Full Turn, Shuffle Forward, Step Pivot ½ Turn, Shuffle forward.**

- 1&2** Step R back making ½ turn L, step L fwd making ½ turn L.  
**3&4** Step R fwd, close L beside R, step R fwd.  
**5-6** Step L fwd, pivot ½ turn R. ( weight on R)  
**7&8** Step L fwd, close R beside L, step L fwd.

**Begin again, No Tags, No Restarts xxx**