

# Can't Slow Down

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**Count:** 32      **Wall:** 4      **Level:** Advanced NC2S

**Choreographer:** Peter Jones & Anna Lockwood (England) Nov 2011

**Music:** Can't Slow Down by Katherine Jenkins. Album: Daydream

**Dance Pattern. 32c, 16c, 32c, Tag A, 32c, 32c, 16c, Tag B, 16c, 16c, 32c, 6c to finish facing front.**

**S1: Back, Back, Recover, Step, Rock, Recover, ½ Turn, Step, ½ Turn, Cross, Side, Behind, Side, Cross.**

**1-2&3**      Step Back Onto R Sliding L Back, Step Back Onto L, Recover Weight Onto R, Step Forward Onto L.

**4&5**      Rock Forward Onto R, Recover Weight Onto L, Turn ½ R Onto R.

**6&7**      Step Forward Onto L, Pivot ½ R Onto R, Cross L Over R.

**&8&1**      Step R To R Side, Step L Behind R, Step R To R Side, Cross L Over R.

**S2: Recover, Side, Cross, Back, Side, Step, Walk R, Walk L, Step, ½ Turn, ¼ Back.**

**2&3**      Recover Weight Onto R, Step L To L Side, Cross R Over L.

**4&5**      Step Back Onto L, Step R To R Side, Step Forward Onto L.

**6-7**      Walk Forward Onto R, Walk Forward Onto L.

**8&1**      Step Forward Onto R, Pivot ½ L Onto L, Step ¼ Back Onto R.

**Restarts here on walls 2, 6, 7 and 8.**

**Tag B Here on wall 6 facing 6:00**

**S3: Step Lock Back, Back, Recover, Step, Cross, ¼ Back, Side, Step, Cross, ¼ Back, Side.**

**2&3**      Step Back Onto L, Cross R Over L, Step Back Onto L.

**4&5**      Rock Back Onto R, Recover Weight Onto L, Step Forward Onto R.

**6&7&**      Step Forward Onto L, Step Back ¼ L Onto R, Step L To L Side, Step Forward Onto R.

**8&1**      Step Forward Onto L, Step Back ¼ L Onto R, Step R To R Side.

**S4: Back, Recover, Side, Back, Recover, ¼ Back, Sailor ¾, Rock, Recover, ½.**

**2&3**      Rock R Behind L, Recover Weight Onto L, Step R To R Side.

- 4&5** Rock L Behind R, Recover Weight Onto R, Step Back  $\frac{1}{4}$  R Onto L.
- 6&7** Step  $\frac{1}{2}$  R Onto R, Step  $\frac{1}{4}$  R Onto L, Step Forward Onto R.
- &8&1** Rock Forward Onto L, Recover Weight Back Onto R, Step  $\frac{1}{2}$  L Onto L, (Step Back Onto R).

**Tag A: Here on end of wall 3 facing 9:00**

**Back, Recover, Step, Step,  $\frac{1}{2}$  Turn, Step, Step,  $\frac{1}{2}$  Turn, Step, Rock Recover.**

- 2&3** Step Back Onto L, Recover Weight Onto R, Step Forward Onto L.
- 4&5** Step Forward Onto R, Pivot  $\frac{1}{2}$  L Onto L, Step Forward Onto R.
- 6&7** Step Forward Onto L, Pivot  $\frac{1}{2}$  R Onto R, Step Forward Onto L.
- 8&** Rock Forward Onto R, Recover Weight Onto L.

**Tag B: Hip Sways R, L , R, L.**

- 1-2** Step R To R Side, Step L To L Side.
- 3-4** Step R To R Side, Step L To L Side.

**Have fun and dance with a smile ;0)**

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