

Let Me Down Slowly

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Description : 32 temps, 4 murs, Intermediaire,
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Musique : 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, ¼ L, Step, Lock, Step, Step, Touch, ¾ 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), ¼ 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 ¾ turn right weight on R (8) 6:00

[9 – 16] Side, Behind, Side, Cross Rock, Hitch, Behind, 1¼ L, Step, Pivot ½ L, ½ 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 ¼ Turn left step L fw (5), ½ Turn left step R back (&), ½ Turn left step L fw (6)

Easy Option (5&6) ¼ Turn left shuffle: L R L 3:00

7&8 Step R fw (7), Pivot ½ Turn left weight on L (&), ½ 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 ¾ R, ¼ R Out, Out, In, In, Step, ½ 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), ½ Turn right step L fw (&), ¼ Turn right step R fw (4), ¼ 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), ½ 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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