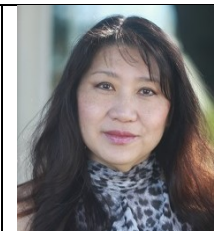


# Let Me Down Slowly

Choreographed by **Julia Wetzel**

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Type of dance: 32 counts, 4 walls, Intermediate level line dance  
 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

Counts	Footwork	Facing
<b>1 - 8</b>	<b>Back, Behind, Side, Cross Rock, ¼ L, Step, Lock, Step, Step, Touch, ¾ R Unwind</b>	
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
<b>9 - 16</b>	<b>Side, Behind, Side, Cross Rock, Hitch, Behind, 1¼ L, Step, Pivot ½ L, ½ L</b>	
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) Easy Option (7&8) R Mambo: Rock R fw (7), Recover L (&), Step R back (8)	3:00
<b>17- 24</b>	<b>Side Rock, Behind, Side Rock, Behind, Kick, Back, Back Rock, Tap, Tap, Kick, Ball, Step</b>	
	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
<b>25 - 32</b>	<b>Step, Tap, Back, Sailor ¾ R, ¼ R Out, Out, In, In, Step, ½ L Hook</b>	
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 (&) 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	3:00
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