

DON'T LET YOUR FEET SLOW YOU DOWN

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MUSIC: "DON'T LET YOUR FEET SLOW YOU DOWN" BY RODNEY CROWELL
ALBUM: KEYS TO THE HIGHWAY, TRACK #8
ALSO AVAILABLE ON LINE

TIME/SPEED: 3:16 @ 45 RP 93 BPM/31 MPM

FOOTWORK: OPPOSITE UNLESS NOTED (WOMAN'S FOOTWORK IN PARENTHESES)

RHYTHM/PHASE: WALTZ PHASE II + 2 (Hover, Chair)

DIFFICULTY: AVERAGE

SEQUENCE: INTRO, A, B, INTERLUDE, A, END

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Introduction

1-4 CP FCG WALL LEAD FT FREE WAIT PICKUP NOTES PLUS 2 MEASURES ; ; FWD, -, TCH ; 1/2 BOX BK [BFLY] ;

(1-2) In Closed position facing WALL wait pickup notes and two measures ; ;
(3-4) Fwd L, -, touch R foot next to L; back R, side L, close R blending to BFLY;

5-8 BAL L ; BAL R ; SOLO WZ TRN TO BFLY ; ;

(5-6) Side L, cross R in back of L, L in place; side R, cross L in back of R, R in place
(7-8) Forward L begin L face turn (W turn R face), continue turn side R, close L to R; back R
begin L face turn (W turn R face), continue turn side L, close R to L to BFLY position;

Part A

1-4 AWY & TOG ; ; TWRL VIN 3 [BJO] ; MANUV [CP] ;

(1-2) With trail hands joined forward L turning away from partner, side & forward R to a slight V
position, close L; side & forward R turning toward partner, side and forward L, close R to L;
(3-4) With lead hands joined side L (W side and forward R turning ½ R face), cross R behind L (W side
and back L turning R face to face partner), side L (W side R) to BJO; forward R with upper body
R face turn, continue R face turn side L, close R to L to CP RLOD;

5-8 R TRNG BOX 1/2 FC LIN ; ; PROG BOX ; ;

(5-6) Back L starting 1/4 R face turn, side R continuing turn, close L to R; forward R starting 1/4 R face
turn, side L continuing turn, close R to L;
(7-8) Forward L, side R, Close L; forward R, side L, close R;

9-12 PROG TWKL X2 ; ; LF TRNG WZ X2 [WALL] ; ;

(9-10) Cross L in front of R, side R, close L; cross R in front of L, side L, close R;
(11-12) Forward L beginning L face turn, continue turn side R, close L; back R starting L face turn,
continue turn side L, close R;

13-16 TWISTY BAL X2 [BFLY] ; ; TWIRL VIN 3 [BFLY] ; THRU, SD, CLS [SCP] ;

(13-14) Side L, turning slightly R face cross R behind L (W cross R in front of L), face partner recover L;
side R, turning slightly L face cross L behind R (W cross L in front of R), face partner recover R to
BFLY;
(15-16) With lead hands joined side L (W side and forward R turning ½ R face under joined hands), cross
R behind L (W side and back L turning R face to face partner), side L (W side R) to BFLY WALL;

step between partner R, side L, close R to SCP LOD;

17-20 LACE UP ; ; ; ;

(17-20) Passing behind partner with lead hands joined forward L (W passing in front of partner under joined lead hands forward R), forward R, close L; forward R, forward L, close R; passing behind partner with trail hands joined forward L W (passing in front of partner under joined trail hands forward R), forward R, close L; forward R, forward L, close R;

21-24 CIRC AWY & TOG [BJO WALL] ; ; WHL [BFLY/WALL] ; ;

(21-22) Circling away from partner forward L, forward R, forward L; continuing circular pattern toward partner forward R, forward L, forward R to Banjo WALL;
(23-24) Commence right face turn forward L (W commence right face turn forward R), forward R (W forward L), close L (W close R); continuing turn forward R (W continuing turn forward L), forward L (W forward R), close R to BFLY WALL (W close L to BFLY WALL);

Part B

1-4 WALTZ AWY ; CROSS WRAP ; BACK WZ ; W ROLL TO LOP ;

(1-2) With trail hands joined forward L turning away from partner, side & forward R to a slight V position, close L; holding partner's L hand walk to R around W R, L, R to face RLOD both hands joined (W holding partner's R hand L face turn L, R, L to wrap position facing RLOD both hands joined);
(3-4) Back L, back R, close L; back R, close L, in place R (W rolling L face L, R, L to face RLOD in LOP);

5-8 THRU TWKL ; THRU SD CLS [CP] ; TWIRL VIN 3 ; THRU SD CLS [CP WALL] ;

(5-6) Forward L (W forward R), turning to face partner side R, close L ending in slight V position; step thru R (W step thru L), side L, close R to CP WALL;
(7-8) Raising joined lead hands side L, cross in back R (W under joined lead hands trng RF cross in front R), side L; step LOD between partners R (W step between partners LOD L), side L, close R CP WALL;

9-12 LF TRNG WZ X2 [RLOD] ; ; BACK WZ ; L TRNG BOX 1/4 [CP WALL] ;

(9-10) Same as PART A (11-12);;
(11-12) Same as PART B (3); same as PART A (12)

13-16 L TRNG BOX ; ; ; ;

(13-16) Forward L start 1/4 L face turn, complete turn side R, close L; back R start 1/4 L face turn, complete turn side L, close R; forward L start 1/4 L face turn, complete turn side R, close L; back R start 1/4 L face turn, complete turn side L, close R;

Interlude

1-4 HOVER [SCP] ; MANUV [CP] ; R TRNG BOX 1/2 [CP LOD] ; ;

(1-2) Forward L, forward & side R rising, side & forward L to SCP; same as Part A (4);
(3-4) Same as Part A (5-6);

5-8 FWD WZ X2 ; ; LF TRNG WZ X2 [BFLY WALL] ; ;

(5-6) Forward L, forward and slightly side R, close L; forward R, forward and slights side L, close R;
(7-8) Same as PART A (11-12)

9-10 CANTER X2 ; ;

(9-10) Side L, draw R, close L; side L, draw R, close L;

Part A (Repeat Part A above)

1-4 AWY & TOG [BFLY] ; ; TWRL VIN 3 [BJO] ; MANUV [CP] ;

5-8 R TRNG BOX 1/2 FC LIN ; ; PROG BOX ; ;

9-12 PROG TWKL X2 ; ; LF TRNG WZ X2 [WALL] ; ;

13-16 TWISTY BAL X2 [BFLY] ; ; TWIRL VINE 3 ; THRU SD CLS [SCP] ;

17-20 LACE UP ; ; ; ;

21-24 CIRC AWY & TOG [BJO] ; ; WHL [BFLY/WALL] ; ;

Ending

1-4 LACE UP ; ; ; ;

(1-4) Same as PART A (17-20)

5-8 CIRC AWY & TOG [BJO] ; ; WHL [BFLY WALL] ; ;

(5-8) Same as PART A 21-24

9-12 TWIRL VIN 3 ; THRU FC CLS ; SLO VIN 3 ; SLO CHAIR & HOLD ;

(9) With lead hands joined side L (W side and forward R turning ½ R face under joined hands), cross R in back (W side and back L turning ½ R face), side L;

(10) Step thru R (W step thru L) side L to face, close R;

(11) Side R, cross behind R, (W cross behind L), side L;

(12) Forward R lunge (W forward L lunge);

HEAD CUES

CP FCG WALL LEAD FT FREE WAIT PICKUP NOTES PLUS 2 MEASURES ; ;
FWD, -, TCH ; 1/2 BOX BK [BFLY] ;
BAL L & R ; ; SOLO TRN 6 TO BFLY ; ;

AWY & TOG [BFLY] ; ; TWRL VIN 3 [BJO] ; MANUV [CP] ;
2 R TRNS FC LIN ; ; PROG BOX ; ;
PROG TWKL X2 ; ; LF TRN X2 [WALL] ; ;
TWISTY BAL X2 [BFLY] ; ; TWIRL VINE 3 ; THRU, SD, CLS [SCP] ;
LACE UP ; ; ; ;
CIRC AWY & TOG [BJO] ; ; WHL [BFLY/WALL] ; ;

WALTZ AWY ; CROSS WRAP ; BACK WZ ; W ROLL TO LOP ;
THRU TWKL ; THRU SD CLS [CP] ; TWIRL VIN 3 ; THRU SD CLS [CP WALL] ;
LF TRN X2 [RLOD] ; ; BACK WZ ; L TRN 1/4 [CP WALL] ;
L TRNG BOX ; ; ; ;

HOVER [SCP] ; MANUV ; 2 R TRNS [CP LOD] ; ;
FWD WZ X2 ; ; LF TRN X2 [BFLY WALL] ; ;
CANTER X2 ; ;

AWY & TOG [BFLY] ; ; TWRL VIN 3 [BJO] ; MANUV [CP] ;
2 R TRNS FC LIN ; ; PROG BOX ; ;
PROG TWKL X2 ; ; LF TRN X2 [WALL] ; ;
TWISTY BAL X2 [BFLY] ; ; TWIRL VINE 3 ; THRU SD CLS [SCP] ;
LACE UP ; ; ; ;
CIRC AWY & TOG [BJO] ; ; WHL [BFLY/WALL] ; ;

LACE UP ; ; ; ;
CIRC AWY & TOG [BJO] ; ; WHL [BFLY WALL] ; ;
TWIRL VIN 3 ; THRU FC CLS ; SLO VIN 3 ; SLO CHAIR & HOLD ;