

Take it Slow

Count: 32

Wand: 4

Ebene: Beginner

Choreograf/in: Lynn Card (USA) & Brenda Shatto (USA) - October 2017

Musik: Body Like a Back Road - Sam Hunt : (Single)



Note: Restart on wall 5 (starts at 12:00) after 16 counts.

Intro: 16 counts, 11 seconds, on the word "south-side"

[1-8] Walk, Walk, Toe strut-bump, Step, Toe strut-bump, Step, Rock, Return

- 1,2 Walk forward R, L
- 3,4 Touch ball of R forward bumping hip, step R forward
- 5,6 Touch ball of L forward bumping hip, step L forward
- 7,8 Rock R forward, return to L [12:00]

[9-16] Back, Sweep, Back, Sweep, Pulsing triple back R, L

- 1,2 Step R back and sweep L front to back (over 2 counts)
- 3,4 Step L back and sweep R front to back (over 2 counts)
- 5&6 Step R back (body angles right) and sit into R hip, pulse up, sit into R hip again
- 7&8 Step L back (body angles left) and sit into L hip, pulse up, sit into L hip again [12:00]

(Optional body roll moving down for 7-8)

*** Restart on wall 5, facing 12:00**

[17-24] Rock back, Return, Forward, ¼ right hitch, Side, Drag & touch, Side, Together

- 1,2 Rock R back, return to L
- 3,4 Step R forward, ¼ right pivot turn hitching L foot next to shin [3:00]
- 5,6 Step L to left, drag R to L and touch next to L (option: hitch R next to L instead of touch)
- 7,8 Step R to right, step L next to R (angle body to left diagonal) [1:30]

[25-32] Cross, Side, Cross, Hitch, Cross, Side, Cross, Hitch

- 1,2,3 Cross R over L, small step L to L, cross R over L (still facing left diagonal)
- 4 Hitch L and turn ¼ right toward R diagonal [4:30]
- 5,6,7 Cross L over R, small step R to R, cross L over R (still facing right diagonal)
- 8 Hitch R and square up to 3:00 wall [3:00]

Please do not alter this step sheet in any way. If you would like to use it on your website, it must be used in its original format.

Contact the choreographers with your questions.

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