

# Take it Slow

Count: 32

Wall: 4

Level: Beginner

Choreographer: Lynn Card (USA) & Brenda Shatto (USA) - October 2017

Music: 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.**

**brendas@winecountrylinedance.com ~ lynncard28@gmail.com**