

# Take It Slow

**COPPER KNOB**  
STEPSHEETS

Compte: 32

Mur: 4

Niveau: Improver

Chorégraphe: Elliott Mar (USA) - August 2017

Musique: Body Like a Back Road - Sam Hunt



**START after 16 cts**

**#1 RESTART – Wall 5 after 16 cts**

## **2 Sweeps, Step-Hitch, Cross-Hold-Lock step, ½ L Untwist**

- 1, 2 (weight on back L) R back sweep, R back step w/ L back sweep  
&3, 4-5, &6 L step – R back step w/ L hitch (knee up), L fwd crossed over R – Hold, R behind L – L fwd step  
7-8 R cross over L – ½ L untwist turn keeping weight on L (6:00)

## **R Slide, Ball-step-step, Scuff-Hitch-Stomp, Body Roll OR OPTIONAL Movement**

- &1-2, &3-4 Lift R – Big R side step drag in L, L back ball step – R fwd step – L fwd step  
5&6 R heel scuff – R knee up into hitch – R fwd step  
7-8 Body Roll OR OPTIONS – 2ct hold, or 2ct freestyle to lyrics

**\*\*\*RESTART WALL 5**

## **¾ R Walkaround, 2 Slide-touches**

- 1-2-3-4 Walking a ¾ R turn R-L-R-L (3:00)  
5-6, 7-8 Big R side step – L touch behind R, Big L side step – R touch behind L

## **3 Skates, 2 Mambos, ½ R turn w/ “tap”touch - step**

- 1-2-3 Skates R-L-R  
4&5, 6&7 L fwd step – recover weight on R – L back step, R back step – recover weight on L – R fwd step  
8& ½ R turn into L “toe tap” touch – L back step (continues into sweep at beginning of dance)

Created 03/20/17 – Stepsheet by Annemarie Dunn

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