

# Take It Slow

COPPER KNOB  
STEPSHEETS

拍数: 32      墙数: 4      级数: Improver  
编舞者: Elliott Mar (USA) - August 2017  
音乐: 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

Contact: [wordinmotionap2g@yahoo.com](mailto:wordinmotionap2g@yahoo.com)