

Take It Slow

拍数: 32 墙数: 4 级数:
编舞者: Matt Oakley (SWE) - February 2023
音乐: Colt 45 (Country Remix) - Cooper Alan & Rvshvd



Note: wall 8 after point to side, after count 8. There is a hold for 2 counts, then continue the dance.

¼ Turn Left Side Rock, Recover, syncopated cross-rock fwd, Syncopated cross-rock back with chasse L, point.

- 1 RF Turn ¼ L, Rock to R side.
- 2 Recover weight to LF.
- 3 Cross rock over LF.
- & Recover weight to LF.
- 4 RF Step to R side.
- 5 LF cross rock behind RF.
- & Recover weight to RF.
- 6 LF step to L side.
- & RF close to LF.
- 7 LF step to L side.
- & RF close to LF.
- 8 LF point to L side.

¾ Turn L, Turning Shuffle, Mambo step R, ¼ Turn L side step.

- 1 Turn ¾ turn L (feet end with LF locked over RF, weight on RF).
- 2 LF Step forward, Turn 1/8 L.
- & RF close to LF.
- 3 LF Step forward, Turn 1/8 L.
- & RF close to LF.
- 4 LF Step forward, Turn 1/8 L.
- & RF close to LF.
- 5 LF Step forward, Turn 1/8 L.
- 6 RF Rock forward.
- & Recover weight to LF.
- 7 RF step to LF.
- 8 LF step to L side, turning ¼ L.

Kick-ball-lock, triple full turn, walk-walk, Triple turn.

- 1 RF kick across LF.
- & RF small step to R side.
- 2 LF point behind RF.
- 3 LF Turn ¾ L, step down onto foot.
- & RF turn ¼ L small step to R side.
- 4 LF cross over RF.
- 5 RF walk forward.
- 6 LF walk forward.
- 7 RF step forward.
- & LF turn ½ L step forward.
- 8 RF step forward.

Mambo step with a flick, Walk-Walk, switch turn, L shuffle.

- 1 LF Rock forward
- & RF recover weight.

- 2 LF flick in front of R shin.
- 3 LF Walk forward.
- 4 RF walk forward.
- 5 LF step forward.
- 6 Turn $\frac{1}{2}$ R shift weight to RF
- 7 LF step forward.
- & RF close to LF
- 8 LF step forward.

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