

Just Take It Slow

COPPER KNOB
STEPPERS

拍数: 32 墙数: 4 级数: Intermediate
编舞者: Candace Jajo-Burns (USA) - April 2023
音乐: Take It Slow - Conner Smith



Intro – 16 counts

S1 Step forward, Sweep, Cross, Step back, ½ turn, rock/recover, ½ turn shuffle

- &1-2 Step LF forward with a slight bend in L knee, sweep RF from back to front, cross RF over LF with slight bend in both knees
3-4 Step LF back & straighten both legs, make half turn over R shoulder with RF (facing 6:00)
5-6 Rock forward on LF, recover on RF
7&8 Make ½ turn over LF shoulder with LF (facing 12:00), close RF next to LF, step LF forward

S2 Kick with a point, Cross, Sway-Sway, Side Shuffle, ¼ turn R coaster

- 1-2 Lift onto ball of LF & 'kick' RF forward with pointed toes, step down on LF & cross RF over LF
3-4 Step LF next to RF and as you do sway hips left, sway hips right (weight is on RF)
5&6 Step LF to L, close RF next to LF, step LF to L
7&8 Step RF back making a ¼ over right shoulder (facing 3:00), step LF next to RF, step RF forward

S3 Shuffle forward, rock/recover, step back/hold, step back/hold

- 1&2 Step LF forward, close RF next to L, step LF forward
3-4 Rock forward on RF, recover on LF
5-6 Step RF behind LF, hold
7-8 Step LF behind RF, hold

S4 R Coaster, ¼ turn side shuffle, cross rock/recover, ¼ turn shuffle forward

- 1&2 Step RF back, close LF next to RF, step RF forward
3&4 Step LF to L making a ¼ over L shoulder (facing 6:00), close RF next to LF, step LF to L
5-6 Rock on RF as you cross in front of LF, recover on LF
7&8 Step RF ¼ turn over R shoulder (facing 9:00), close LF next to RF, step RF forward

Finish dance with counts &1-2 in Section 1. Fully stand on count 3. End of dance.

YouTube: PHX Dance with Candace

Facebook: PHX Dance

Instagram: @phxlivedance