

Take It Slow

COPPER KNOB
STEPSHEETS

拍数: 64 墙数: 1 级数: Upper Intermediate - Rolling Count
编舞者: Luke Watson (AUS) - April 2023
音乐: Slow Dance - Kelly Clarkson : (Spotify)



Start on lyrics after 16 Counts 15 seconds into the track

[1-8&a] Step Side, Behind, Step Side, Prissy Walk Fwd x3, Cross, ¼ Turn, Rock Back, Recover, ½ Turn L, ¼ Turn L

1,2& Step R to R side (1), Cross L Behind R (2) , Step R to Side (&)
3,4,5 Step Fwd on L slightly Hitching L Knee(3), Step Fwd on R slightly hitching R Knee (4), Step Fwd on L slightly hitching L Knee(5)
6&7 Cross R In front of L(6), Making ¼ Turn R Step back onto L (&) (3.00), Step/Rock Back onto R (7),
8&a Recover Weight Fwd onto L (8), Making ½ Turn L step back on R (&)(9.00), Making ¼ Turn L Step L to L side (a), (6.00)

[9-16&a] Cross Rock, Recover, Step Side, Cross, Step Side, Cross Behind, Step ¼ Turn, Step Fwd, Pivot ½ Turn, Triple Step Full turn R, 1,2 Turn Sweep, Step Behind, Step Side, Cross

1,2 Cross Rock R in front of L (1), Recover Weight back onto L (2)
&3 Step R to R Side (&), Cross L In Front of R (3)
&4 Step R to R Side (&), Cross L Behind R (4)
&5 Making ¼ turn R Step Fwd on R (&) (9.00) Step Fwd on L Making ½ Turn R Keeping Weight back on L (3.00)
6&a Making a Full turn Fwd over R step R (6), Step L (&), Step R (a)
7 Making a ½ Turn R Step back On L while Sweeping R behind L (9.00)
8&a Cross R behind L (8), Step L to L Side (&) Cross R in Front of L (a)

[17-24] Side Rock, Recover, Cross Behind, Step ¼ Turn R, Rock, Recover, Step ½ Turn L, Pivot x2, Rock Fwd with Hook, Step Back with Hitch ⅛ Turn R

1,2&a Step/Rock L to Left side (1), Recover Weight onto R (2), Step L Behind R (&) Making ¼ Turn R Step Fwd onto R (A) (12.00)
3,4& Step/Rock Fwd onto L, Recover Weight Back onto R (4), Making ½ Turn L Step Fwd onto L (&) (6.00)
5& Step Fwd onto R (5), Pivot ½ Turn L (&) (12.00)
6& Step Fwd onto R (6), Pivot ½ Turn L (&) (6.00)
7 Step Fwd onto R Hooking L Behind R Knee
8 Step Back On L Hitching R Knee making ⅛ Turn R (7.30)

[25-32&a] Rock Back, Recover, ½ Turn L Stepping Back, Rock Back, Recover, Full turn Fwd, Step Sweep, Step Sweep, Cross, Step Back, Step , Back, Cross, Step Back, Step Side ⅛ Turn L

1,2&3 Step/Rock Back onto R (1), Recover Fwd onto L (2), Making ½ Turn L Step Back on R (&) (1.30), Step/Rock Back onto L (3)
4& Step Fwd R (4), Step Fwd L (&) making a Full Turn over R
5,6 Step Fwd on R Sweeping L In front of R (5), Step Fwd on L Sweeping R in front of L (6)
7&a Step R in Front of L (7), Step back on L (&) Step Back on R (a)
8&a Cross/Step L In Front of R (8), Step Back on R, (&), Step L to L Making ⅛ Turn L (a) (12.00)

[33-40&] Cross In Front, Step Side, Step ½ Turn R, Cross in Front, Step Side, Step ½ Turn L, Cross Rock, Recover, Syncopated Weave R

1,2& Cross R in front of L (1), Step L to L Side (2), Making ½ Turn R Step R To R side (&) (6.00)
3,4& Cross L in front of R (3), Step R to R side (4), Making ½ Turn L Step L To L side (&) (12.00)
5,6& Cross Rock R in front of L, Recover Weight Back onto L (6), Step R to R Side (&)

- 7& Cross L in Front of R (7), Step R to R side (&)
- 8& Cross L in Behind R (8), Step R to R side (&)

[41-48&] Cross In Front, Step Side, Step ½ Turn L , Cross in Front, Step Side, Step ½ Turn R, Cross Rock, Recover, Syncopated Weave L

- 1,2& Cross L in front of R (1), Step R to R Side (2), Making ½ Turn L Step L To L side (&) (6.00)
- 3,4& Cross R in front of L (3), Step L to L side (4), Making ½ Turn R Step R To R side (&) (12.00)
- 5,6& Cross Rock L in front of R(5), Recover Weight Back onto R (6), Step L to L Side (&)
- 7& Cross R in Front of L (7), Step L to L side (&)
- 8& Cross R in Behind L (8), Step L to L side (&)

[49-56] Cross in Front, Step Back ⅛ Turn, Cross in Front , Step Back, Step Side ⅛ Turn, Cross Behind, Step ⅛ Turn, Step Fwd, Step Fwd, ⅛ Turn Sway Hips L, R , L

- 1,2&a Cross R in front of L (1), Making ⅛ Turn R Step Back on L (2)(1.30) Cross R in front of L (& Step Back on L (a)
- 3 Making ⅛ Turn R Step R to R side dragging L (3.00)
- 4&a5 Cross L Behind R (4), Making ⅛ Turn R Step Fwd on R (&) (4.30), Step Fwd on L (a), Step Fwd on R (5)
- 6,7,8 Making ⅛ Turn R Step/sway L to L side (6) (6.00), Step/sway R to R Side (7), Step/sway L to L Side Dragging R slightly in front of L (8)

[57-64] Cross in Front, Step Back ⅛ Turn, Cross in Front , Step Back, Step Side ⅛ Turn, Cross Behind, Step ⅛ Turn, Step Fwd, Step Fwd, ⅛ Turn, Step Slides fwd x3

- 1,2&a Cross R in front of L (1), Making ⅛ Turn R Step Back on L (2)(7.30) Cross R in front of L (& Step Back on L (a)
- 3 Making ⅛ Turn R Step R to R side dragging L (9.00)
- 4&a5 Cross L Behind R (4), Making ⅛ Turn R Step Fwd on R (&) (10.30), Step Fwd on L (a), Step Fwd on R (5)
- 6,7,8 Making ⅛ Turn R Step fwd on L dragging R towards L (6) (12.00), Step Fwd on R Dragging L towards R (7), Step Fwd on L Dragging R Towards L (8)

NB The final 3 counts should be done stepping towards the 45 degree angles using lots of attitude

Tag At the end of Wall 1 facing 12.00 add the following 2 counts

- 1,2 Step R to R side dragging the L together, Step L Beside the R popping R Fwd.

Finish At the end of Wall 3 repeat the final 16 Counts.

Note This is a dance that requires some attitude so feel free to add in any type of movement that feels appropriate for your dancing experience
