

Take It Slow

拍数: 0 墙数: 4 级数: Intermediate
编舞者: Rep Ghazali (SCO) - August 2007
音乐: Run The Show (feat. Shaka Dee) - Kat Deluna : (Album: Kat Deluna - 9 Lives)



Phrased (A:32 count, B:16 count, C: 32 count)

Sequence: A AB A AB A AC A A A (don't be put off, it's easy)

Intro: 16 counts

PART A:

- 01-08 WALK RIGHT-LEFT, ROCKING CHAIR, SCUFF-STEP, TOUCH-STEP-TOUCH-STEP
1-2 walk forward Right, walk forward Left (12.00)
3&4& rock forward Right, recover on Left, rock back Right, recover on Left
5-6 scuff Right beside Left, step Right to Right side
7&8& touch Left together, step forward Left slightly to Left corner, touch Right together, step forward Right slightly to Right corner (12.00)
- 09-16 WALK LEFT-RIGHT, STEP-½ PIVOT-TOUCH, WALK LEFT-RIGHT, ROCK-RECOVER-½ TURN
1-2 walk forward Left, walk forward Right (12.00)
3&4 step forward Left, ½ pivot turn Right, touch Left together (6.00)
5-6 walk forward Left, walk forward Right
7&8 rock forward Left, recover on Right, ½ turn Left stepping forward Left (12.00)
- 17-24 ¼ TURN SIDE-BEHIND, SIDE-BEHIND-SIDE, SIDE ROCK-ROCK, ½ TURN SAILOR CROSS
1-2 ¼ turn Left stepping Right to Right side, step Left behind Right (9.00)
(optional styling: step Right to Right side and pop up Left shoulder, step Left behind Right and pop up Right shoulder)
3&4 Right to Right side, step Left behind Right, Right to Right side
(optional styling: step Right to Right side and pop up Left shoulder, step Left behind Right and pop up Right shoulder , step Right to Right side and pop up Left shoulder)
5-6 rock Left to Left side and look to Left side, rock Right to Right side and look to Right side (9.00)
7&8 ½ turn Left sweeping Left and step behind Right, step Right to Right side, cross Left over Right (3.00)
- 25-32 STEP-SLIDE TOUCH, HIP ROLL, STEP-SLIDE TOUCH, HIP ROLL
1-2 big step Right to Right side, slide Left toward Right and touch together (3.00)
3&4 hip roll (anti-clockwise rotation)
5-6 big step Left to Left side, slide Right toward Left and touch together
7&8 hip roll (clockwise rotation) (3.00)

PART B: (dance twice 6'oclock and 12 o'clock wall)

- 01-08 CROSS SHUFFLE, SIDE ROCK-RECOVER-TOUCH, BACK-BACK, BACK-AND-BACK
1&2 cross Right over Left, step Left to Left side, cross Right over Left
3&4 rock Left to Left side, recover on Right, touch Left toe in front of Right
5-6 step back Left and pop Right knee, step back Right and pop Left knee

- 7&8 step back Left and pop Right knee, step back Right and pop Left knee, step back Left and pop Right knee
- 09-16 FORWARD-FORWARD, BACK-BACK, HEEL TAPS, HEEL TAPS
- 1-2 step forward Right to Right side, step forward Left to left side (shoulder width)
- 3-4 step back Right to Right side, step forward Left to left side (shoulder width)
- 5&6 touch Right toe to Right corner, tap Right heel twice (angling body to Right corner)
- 7&8 touch Left toe to Left corner, tap Left heel twice (angling body to Left corner)

PART C (dance once, 6 o'clock wall only):

- 01-08 SYNCOPATED FORWARD LOCK STEP, ½ TURN SYNCOPATED FORWARD LOCK STEP
- 1&2 step forward toward Right corner, lock-step Left behind Right, step forward Right (7.30)
- &3&4 lock Left behind Right, step forward Right, lock Left behind Right, step forward Right (7.30)
- 5&6 ½ turn Left stepping forward Left toward back corner, lock-step Right behind Left, step forward Left (1.30)
- &7&8 lock-step Right behind Left, step forward Left, lock-step Right behind Left, step forward Left (1.30)
- 09-16 SYNCOPATED FORWARD LOCK STEP, ½ TURN-½ TURN, ½ TURN-STEP
- 1&2 step forward toward Right corner, lock Left behind Right, step forward Right (4.30)
- &3&4 lock Left behind Right, step forward Right, lock Left behind Right, step forward Right (4.30)
- 5-6 ½ turn Left stepping forward Left toward back corner, ½ turn Left stepping back Right (4.30)
- 7-8 ½ turn Left stepping forward Left, step forward Right (10.30)
- 17-24 SYNCOPATED FORWARD LOCK STEP, ½ TURN SYNCOPATED FORWARD LOCK STEP
- 1&2 step forward Left, lock Right behind Left, step forward Left (10.30)
- &3&4 lock Right behind Left, step forward Left, lock Right behind Left, step forward Left (10.30)
- 5&6 ½ turn Right stepping forward Right toward back corner, lock Left behind Right, step forward Right (4.30)
- &7&8 lock Left behind Right, step forward Right, lock Left behind Right, step forward Right (4.30)
- 25-32 EXTENDED CROSS SHUFFLE, STEP-½ PIVOT TURN, STEP-½ PIVOT TURN
- &1&2 hitch Left and squaring to back wall, cross Left over Right, step Right to Right side, cross Left over Right (6.00)
- &3&4 step Right to Right side, cross Left over Right, step Right to Right side, cross Left over Right
- 5-6 step forward Right, ½ pivot turn Left (12.00)
- 7-8 step forward Right, ½ pivot turn Left (6.00)

**Please feel free to add any of your own styling and lot of fun attitude into it if you want.
So have fun, smile and keep it funky !!**

SEQUENCE:

- Wall 1: A
Wall 2: AB
Wall 3: A
Wall 4: AB
Wall 5: A
Wall 6: AC
Wall 7: A
Wall 8: A
Wall 9: A

ENDING

To face front wall: on Wall 9th , count 29-32 of part A

29- 30 ¼ turn Left stepping Left to Left side, slide Right toward Left and touch together

31&32 hip roll (clockwise rotation)
