

Take It Slow

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 4 級數: Improver
編舞者: Elliott Mar (USA) - August 2017
音樂: 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

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