

# Take It Slow Motion

**COPPER** KNOB  
STEPSHEETS

Count: 32

Wall: 2

Level: Low Intermediate

Choreographer: Sonny V. (DE) - March 2025

Music: Slow Motion - Marshmello & Jonas Brothers



## \*1 Restart

The dance starts after 16 counts, together with lyrics

### Section 1 [1-8] Step ½ Turn, V-Step (out on Heels), Touch Back ¼ Turn, Ball, Shuffle ¼ Turn

- 1-2 RF fwd. – ½ turn left step on LF (6:00)  
&3&4 RF step out on heel – LF step out on heel – RF step right back in – LF step left back in  
5-6 RF toes touch back – ¼ turn right, weight stays on LF (9:00)  
&7&8 RF ball next to LF – ¼ turn left step on LF (6:00) – RF step next to LF – LF fwd.

### Section 2 [9-16] Rock Step Ball, Rock Step Ball, Side Rock Ball, Coaster Step

- 1-2& RF rock fwd. – recover on LF – RF ball step next to LF  
3-4& LF rock fwd. – recover on RF – LF ball step next to RF  
5-6& RF rock right – recover on LF – RF ball step next to LF  
7&8 LF step back – RF step next to LF – LF step fwd.

\*Restart the dance here in wall 4 (12:00)

### Section 3 [17-24] Mambo Step, Back Lock Back, Full Turn Back with Sweep, Behind Side Cross

- 1&2 RF rock fwd. – recover on LF – RF step back  
3&4 LF step back – RF lock in front of LF – LF step back  
5-6 ½ turn right stepping RF fwd.(12:00) – ½ turn right further stepping LF back (6:00)  
and sweep RF from front to back  
7&8 RF step behind LF – LF step left – RF cross over LF

### Section 4 [25-32] Dorothy Left, Dorothy Right, Rock Step, Ball, Side Rock, Back Rock

- 1-2& LF step diagonally left fwd. – RF lock behind LF – LF step diagonally left fwd.  
3-4& RF step diagonally right fwd. – LF lock behind RF – RF step diagonally right fwd.  
5-6& LF rock fwd. – recover on RF – LF ball step next to RF  
7&8& RF rock right – recover on LF – RF rock back – recover on LF

Start again – Good luck and have fun! ☐

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