

Take It Slow

Count: 32

Wall: 4

Level: Beginner

Choreographer: Hinemoa Hall (NZ) - July 2025

Music: Slow Motion - Marshmello & Jonas Brothers



Intro: 16 counts from the beginning of the music

Note: 1x restart during W4 starts at 9:00 but restarts at 12:00

Last wall ends on 12 o'clock at the end of S4.

S1: L side rock, Behind side cross, R side rock, R cross shuffle

1 2 L side rock recover R
3&4 L foot behind, step side R, L cross over R
5 6 R side rock recover onto L
7&8 R cross over left into cross shuffle

S2: L side, R step ¼, L cross shuffle, R side sway sway, Behind side forward

1 2 Step L out to the L side (1), step R back while doing a ¼ turn over R shoulder (2)
3&4 Cross L over right into a cross shuffle
5 6 Step R out to the right side while adding a sway (R) & sway (L)
7&8 Step R behind left, step L foot to the left side, step R foot forward

(There is a restart here on W4 – Dance starts at 9, but the restart will happen at 12)

S3: L rock forward, L step lock step, R rock back, ½ turn, ½ turn

1 2 Rock forward on L foot & recover on right
3&4 Step L back, lock right in front of left, step back left
5 6 Rock back on R foot & recover on left
7 8 Step forward on R while doing a ½ turn & ½ turn again stepping onto L

S4: Walk R, Walk L, R mambo, L step back, Ball back, R coaster step

1 2 Walk forward on R, walk forward on L
3&4 Rock forward (3), recover on L (&) and step back on R (4)
5&6 Step L back (5) with a R ball change (&) stepping back onto L (6)
7&8 Step R foot back, bring L beside right and step R foot forward

Theme of the dance:

The dance was created to be fluid and full of flowing movements.

The song itself is about potentially falling in love with someone, and the swaying motions are meant to portray that feeling of dancing with them.

Last Update: 20 Jul 2025