## Take It Slow

Compte: 32 **Mur:** 4 Niveau: Chorégraphe: Matt Oakley (SWE) - February 2023 Musique: Colt 45 (Country Remix) - Cooper Alan & Rvshvd

Note: wall 8 after point to side, after count 8. There is a hold for 2 counts, then continue the dance.

1/4 Turn Left Side Rock, Recover, syncopated cross-rock fwd, Syncopated cross-rock back with chasse L, point.

- 1 RF Turn ¼ L, Rock to R side.
- 2 Recover weight to LF.
- 3 Cross rock over LF. &
- Recover weight to LF. RF Step to R side. 4
- 5 LF cross rock behind RF.
- & Recover weight to RF.
- 6 LF step to L side.
- & RF close to LF.
- 7 LF step to L side.
- & RF close to LF.
- 8 LF point to L side.

## 3⁄4 Turn L, Turning Shuffle, Mambo step R, 1⁄4 Turn L side step.

- 1 Turn <sup>3</sup>/<sub>4</sub> turn L (feet end with LF locked over RF, weight on RF).
- 2 LF Step forward, Turn 1/8 L.
- & RF close to LF.
- 3 LF Step forward, Turn 1/8 L.
- & RF close to LF.
- 4 LF Step forward, Turn 1/8 L.
- & RF close to LF.
- 5 LF Step forward, Turn 1/8 L.
- 6 RF Rock forward.
- & Recover weight to LF.
- 7 RF step to LF.
- 8 LF step to L side, turning 1/4 L.

## Kick-ball-lock, triple full turn, walk-walk, Triple turn.

- 1 RF kick across LF.
- & RF small step to R side.
- 2 LF point behind RF.
- 3 LF Turn <sup>3</sup>/<sub>4</sub> L, step down onto foot.
- & RF turn ¼ L small step to R side.
- 4 LF cross over RF.
- 5 RF walk forward.
- 6 LF walk forward.
- 7 RF step forward.
- & LF turn 1/2 L step forward.
- 8 RF step forward.

## Mambo step with a flick, Walk-Walk, switch turn, L shuffle.

- LF Rock forward 1
- & RF recover weight.



2 LF flick in front of R shin. 3 LF Walk forward. 4 RF walk forward. 5 LF step forward. 6 Turn 1/2 R shift weight to RF 7 LF step forward. & RF close to LF 8 LF step forward.

Last Update - 15 Feb. 2023 - R1