

# Take it Slow

**COPPER KNOB**  
STEPPERS

拍数: 32      墙数: 4      级数: Beginner  
编舞者: Lynn Card (USA) & Brenda Shatto (USA) - October 2017  
音乐: Body Like a Back Road - Sam Hunt : (Single)



**Note: Restart on wall 5 (starts at 12:00) after 16 counts.**

**Intro: 16 counts, 11 seconds, on the word "south-side"**

## **[1-8] Walk, Walk, Toe strut-bump, Step, Toe strut-bump, Step, Rock, Return**

1,2      Walk forward R, L  
3,4      Touch ball of R forward bumping hip, step R forward  
5,6      Touch ball of L forward bumping hip, step L forward  
7,8      Rock R forward, return to L [12:00]

## **[9-16] Back, Sweep, Back, Sweep, Pulsing triple back R, L**

1,2      Step R back and sweep L front to back (over 2 counts)  
3,4      Step L back and sweep R front to back (over 2 counts)  
5&6      Step R back (body angles right) and sit into R hip, pulse up, sit into R hip again  
7&8      Step L back (body angles left) and sit into L hip, pulse up, sit into L hip again [12:00]

**(Optional body roll moving down for 7-8)**

**\* Restart on wall 5, facing 12:00**

## **[17-24] Rock back, Return, Forward, ¼ right hitch, Side, Drag & touch, Side, Together**

1,2      Rock R back, return to L  
3,4      Step R forward, ¼ right pivot turn hitching L foot next to shin [3:00]  
5,6      Step L to left, drag R to L and touch next to L (option: hitch R next to L instead of touch)  
7,8      Step R to right, step L next to R (angle body to left diagonal) [1:30]

## **[25-32] Cross, Side, Cross, Hitch, Cross, Side, Cross, Hitch**

1,2,3      Cross R over L, small step L to L, cross R over L (still facing left diagonal)  
4      Hitch L and turn ¼ right toward R diagonal [4:30]  
5,6,7      Cross L over R, small step R to R, cross L over R (still facing right diagonal)  
8      Hitch R and square up to 3:00 wall [3:00]

**Please do not alter this step sheet in any way. If you would like to use it on your website, it must be used in its original format.**

**Contact the choreographers with your questions.**

**brendas@winecountrylinedance.com ~ lynncard28@gmail.com**