

Take It Slow

LINEDANCE.COM

Count: 32 **Wall:** 4 **Level:** Improver

Choreographer: Elliott Mar - August 2017

Music: Body Like A Back Road by 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, &6L step - R back step w/ L hitch (knee up), L fwd crossed over R - Hold, R behind L
- L fwd step**

7-8R 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&6R 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&7L 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

Contact: wordinmotionap2g@yahoo.com

Source: LineDance.com — https://www.linedance.com/index.php?f=dance_view&id=119631