

# Take it Slow

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**Count:** 32                      **Wall:** 4                      **Level:** Beginner

**Choreographer:** Lynn Card (USA) & Brenda Shatto (USA), October 2017

**Music:** Body Like a Back Road by Sam Hunt, Single, 2:42, BPM 99

**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**

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