

TAKE IT SLOW

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Count: — **Wall:** 4 **Level:** Intermediate

Choreographer: Rep Ghazali , Scotland (Aug '07)

Music: Run The Show (Feat. Shaka Dee) by Kat Deluna 105bpm Album: Kat Deluna - 9 Lives

Phrased (A:32 count, B:16 count, C: 32 count)

Sequence: A AB A AB A AC A A A (don't be put off, it's easy)

Intro: 16 counts

PART A:

01-08 WALK RIGHT-LEFT, ROCKING CHAIR, SCUFF-STEP, TOUCH-STEP-TOUCH-STEP

1-2 walk forward Right, walk forward Left (12.00)

3&4& rock forward Right, recover on Left, rock back Right, recover on Left

5-6 scuff Right beside Left, step Right to Right side

7&8& touch Left together, step forward Left slightly to Left corner, touch Right together, step forward Right slightly to Right corner (12.00)

09-16 WALK LEFT-RIGHT, STEP- $\frac{1}{2}$ PIVOT-TOUCH, WALK LEFT-RIGHT, ROCK-RECOVER- $\frac{1}{2}$ TURN

1-2 walk forward Left, walk forward Right (12.00)

3&4 step forward Left, $\frac{1}{2}$ pivot turn Right, touch Left together (6.00)

5-6 walk forward Left, walk forward Right

7&8 rock forward Left, recover on Right, $\frac{1}{2}$ turn Left stepping forward Left (12.00)

17-24 $\frac{1}{4}$ TURN SIDE-BEHIND, SIDE-BEHIND-SIDE, SIDE ROCK-ROCK, $\frac{1}{2}$ TURN SAILOR CROSS

1-2 $\frac{1}{4}$ turn Left stepping Right to Right side, step Left behind Right (9.00)

(optional styling: step Right to Right side and pop up Left shoulder, step Left behind Right and pop up Right shoulder)

3&4 Right to Right side, step Left behind Right, Right to Right side

(optional styling: step Right to Right side and pop up Left shoulder, step Left behind Right and pop up Right shoulder , step Right to Right side and pop up Left shoulder)

5-6 rock Left to Left side and look to Left side, rock Right to Right side and look to Right side (9.00)

7&8 ½ turn Left sweeping Left and step behind Right, step Right to Right side, cross Left over Right (3.00)

25-32 STEP-SLIDE TOUCH, HIP ROLL, STEP-SLIDE TOUCH, HIP ROLL

1-2 big step Right to Right side, slide Left toward Right and touch together (3.00)

3&4 hip roll (anti-clockwise rotation)

5-6 big step Left to Left side, slide Right toward Left and touch together

7&8 hip roll (clockwise rotation) (3.00)

PART B: (dance twice 6'oclock and 12 o'clock wall)

01-08 CROSS SHUFFLE, SIDE ROCK-RECOVER-TOUCH, BACK-BACK, BACK-AND-BACK

1&2 cross Right over Left, step Left to Left side, cross Right over Left

3&4 rock Left to Left side, recover on Right, touch Left toe in front of Right

5-6 step back Left and pop Right knee, step back Right and pop Left knee

7&8 step back Left and pop Right knee, step back Right and pop Left knee, step back Left and pop Right knee

09-16 FORWARD-FORWARD, BACK-BACK, HEEL TAPS, HEEL TAPS

1-2 step forward Right to Right side, step forward Left to left side (shoulder width)

3-4 step back Right to Right side, step forward Left to left side (shoulder width)

5&6 touch Right toe to Right corner, tap Right heel twice (angling body to Right corner)

7&8 touch Left toe to Left corner, tap Left heel twice (angling body to Left corner)

PART C (dance once, 6 o'clock wall only):

01-08 SYNCOPATED FORWARD LOCK STEP, ½ TURN SYNCOPATED FORWARD LOCK STEP

1&2 step forward toward Right corner, lock-step Left behind Right, step forward Right (7.30)

&3&4 lock Left behind Right, step forward Right, lock Left behind Right, step forward Right (7.30)

5&6 ½ turn Left stepping forward Left toward back corner, lock-step Right behind Left, step forward Left (1.30)

&7&8 lock-step Right behind Left, step forward Left, lock-step Right behind Left, step forward Left (1.30)

09-16 SYNCOPATED FORWARD LOCK STEP, ½ TURN-½ TURN, ½ TURN-STEP

1&2 step forward toward Right corner, lock Left behind Right, step forward Right (4.30)

&3&4 lock Left behind Right, step forward Right, lock Left behind Right, step forward Right (4.30)

5-6 ½ turn Left stepping forward Left toward back corner, ½ turn Left stepping back Right (4.30)

7-8 ½ turn Left stepping forward Left, step forward Right (10.30)

17-24 SYNCOPATED FORWARD LOCK STEP, ½ TURN SYNCOPATED FORWARD LOCK STEP

1&2 step forward Left, lock Right behind Left, step forward Left (10.30)

&3&4 lock Right behind Left, step forward Left, lock Right behind Left, step forward Left (10.30)

5&6 ½ turn Right stepping forward Right toward back corner, lock Left behind Right, step forward Right (4.30)

&7&8 lock Left behind Right, step forward Right, lock Left behind Right, step forward Right (4.30)

25-32 EXTENDED CROSS SHUFFLE, STEP-½ PIVOT TURN, STEP-½ PIVOT TURN

&1&2 hitch Left and squaring to back wall, cross Left over Right, step Right to Right side, cross Left over Right (6.00)

&3&4 step Right to Right side, cross Left over Right , step Right to Right side, cross Left over Right

5-6 step forward Right, $\frac{1}{2}$ pivot turn Left (12.00)

7-8 step forward Right, $\frac{1}{2}$ pivot turn Left (6.00)

Please feel free to add any of your own styling and lot of fun attitude into it if you want.

So have fun, smile and keep it funky !!

SEQUENCE:

Wall 1: A

Wall 2: AB

Wall 3: A

Wall 4: AB

Wall 5: A

Wall 6: AC

Wall 7: A

Wall 8: A

Wall 9: A

ENDING

To face front wall: on Wall 9th , count 29-32 of part A

29- 30 $\frac{1}{4}$ turn Left stepping Left to Left side, slide Right toward Left and touch together

31&32 hip roll (clockwise rotation)