

Take It Real Slow

Count: 48

Wall: 2

Level: Intermediate

Choreographer: Juan C. Gonzalez (USA) - August 2026

Music: Ring My Bells - Misty



32 Count Intro. Pattern: 48, 48, 48, 48, Last 16, 48, 48, Last 16

[1-9] L Forward, R Rock Step, ½ R Shuffle, L Forward, ½ R Spiral, R Chasse

- 1-3 Step LF forward (1), Rock RF forward (2), Recover onto LF (3) 12:00
4&5 Turn ¼ R stepping RF to R side (4), Step LF beside RF (&), Turn ¼ R stepping RF forward (5) 6:00
6-7 Step LF forward (6), Spiral ½ R keeping weight on LF (7) 12:00
8&1 Step RF to R side (8), Step LF beside RF (&), Step RF to R side (1) 12:00

[10-17] L Cross Rock Step, L Chasse, R Forward, L Lock, R Locking Step

- 2-3 Rock LF across RF (2), Recover onto RF (3) 12:00
4&5 Step LF to L side (4), Step RF beside LF (&), Step LF to L side (5) 12:00
6-7 Step RF forward (6), Lock LF behind RF (7) 12:00
8&1 Step RF forward (8), Lock LF behind RF (&), Step RF forward (1) 12:00

[18-24] Hip Push, ¼ R Back-Side-¼ R Forward, R Forward, L Kick-Step, R Touch Behind

- 2-3 Touch LF forward pushing hips forward (2), Recover onto RF pushing hips back (3) 12:00
4&5 Turn ¼ R stepping LF back (4), Step RF to R side (&), Turn ¼ R stepping LF forward (5) 6:00
6 Step RF forward (6) 6:00
7&8 Kick LF forward (7), Step LF forward (&), Touch RF behind LF (8) 6:00

[25-32] R Press, ¼ R Recover, R Back, L Coaster Step, R Point, ¼ R Cross, L Side, Together

- 1-3 Press RF to R side (1), Turn ¼ R recovering onto LF (2), Step RF back (3) 9:00
4&5 Step LF back (4), Step RF beside LF (&), Step LF forward (5) 9:00
6-7 Point RF to R side (6), Turn ¼ R stepping RF across LF (7) 12:00
8& Step LF to L side (8), Step RF beside LF (&) 12:00

[33-40] L Cross, Hold, R Side, L Behind, Hold, R Side, L Cross, ½ R Unwind, L Cross Shuffle

- 1-2& Step LF across RF (1), Hold (2), Step RF to R side (&) 12:00
3-4& Step LF behind RF (3), Hold (4), Step RF to R side (&) 12:00
5-6 Step LF across RF (5), Unwind ½ R transferring weight onto RF (6) 6:00
7&8 Step LF across RF (7), Step RF to R side (&), Step LF across RF (8) 6:00

[41-48] 2x Back-Touch, R Back Rocking Step, R Mambo w/Hip Push

- 1-2 Step RF back (1), Touch L toe forward (2) 6:00
3-4 Step LF back (3), Touch R toe forward (4) 6:00
5-6 Rock RF back (5), Recover onto LF (6) 6:00
7&8 Rock RF forward (7), Recover onto LF (&), Step RF beside LF pushing hips back (8) 6:00

Note: On Walls 5 and 8, dance only the last 16 counts (33-48).

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