Take It Real Slow

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48 Count 2 Wall Intermediate Level Dance.
Choreographed by: Juan C. Gonzalez (USA) Aug 2026
Choreographed to: Ring My Bells by Misty
Intro: 32 Counts. Start at approx 20 secs.

Remember to Vote for your favourite dances in the Linedancer Charts.

SEC 1	**FORWARD, ROCK STEP, ½ SHUFFLE, FORWARD, ½ SPIRAL, CHASSE**
1-2-3	Step LF forward, rock RF forward, recover onto LF
4&5	Turn ¼ R stepping RF to R side, step LF beside RF, turn ¼ R stepping RF forward (6:00)
6-7	Step LF forward, spiral ½ R hooking RF over LF (12:00)
8&1	Step RF to R side, step LF beside RF, step RF to R side
SEC 2	**CROSS ROCK STEP, CHASSE, FORWARD, LOCK, LOCKING STEP**
2-3	Rock LF across RF, recover onto RF
4&5	Step LF to L side, step RF beside LF, step LF to L side
6-7	Step RF forward, lock LF behind RF
8&1	Step RF forward, lock LF behind RF, step RF forward
SEC 3	**HIP PUSH, ¼ BACK, SIDE, ¼ FORWARD, FORWARD, KICK, STEP, TOUCH BEHIND**
2-3	Touch LF forward pushing hips forward, recover onto RF pushing hips back
4&5	Turn ¼ R stepping LF back, step RF to R side, turn ¼ R stepping LF forward (6:00)
6	Step RF forward
7&8	Kick LF forward, step LF forward, touch RF behind LF
SEC 4	**PRESS, ¼ RECOVER, BACK, COASTER STEP, POINT, ¼ CROSS, SIDE, TOGETHER**
1-2-3	Press RF to R side, turn ¼ R recovering onto LF, step RF back (9:00)
4&5	Step LF back, step RF beside LF, step LF forward
6-7	Point RF to R side, turn ¼ R stepping RF across LF (12:00)
8&	Step LF to L side, step RF beside LF
Note	Start here on Walls 5 and 8
SEC 5	**CROSS, HOLD, SIDE, BEHIND, HOLD, SIDE, CROSS, ½ UNWIND, CROSS SHUFFLE**
1-2&	Step LF across RF, hold, step RF to R side
3-4&	Step LF behind RF, hold, step RF to R side
5-6	Step LF across RF, unwind ½ R transferring weight onto RF (6:00)
7&8	Step LF across RF, step RF to R side, step LF across RF
SEC 6	**BACK, TOUCH, BACK, TOUCH, BACK ROCK, MAMBO HIP PUSH**
1-2	Step RF back, touch L toe forward
3-4	Step LF back, touch R toe forward
5-6	Rock RF back, recover onto LF
7&8	Rock RF forward, recover onto LF, step RF beside LF pushing hips back

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