

Baby Slow Down

Compte: 46

Mur: 4

Niveau: Advanced

Chorégraphe: Mark Paulino (USA) & Dylan DeClue (USA) - May 2025

Musique: Slow Low - Jason Derulo



SEQ: A1-A2-A1-Tag-A1-A2-A1-A1-A1(Ending)

Intro: 11 seconds

A1 - 32 COUNTS

[1-8] CROSS ROCK RECOVER, SIDE ROCK RECOVER, SAILOR ½ TURN PREP, FULL TURN SIDE STEP WITH TOE UP, BEHIND SIDE CROSS

1&2& R cross rock over L, recover on L, R side rock, recover on L

3&4 R cross behind L with ¼ turn right, ¼ turn right with L stepping forward, R cross slightly over L with torso turned right (prepping for full turn left) (6:00)

5 6 Initiate full turn left unwind pushing off R while shifting weight onto L, finish full turn with R side step and left toe up

7&8 L cross step behind R, R side step, L cross step over R

[9-16] BALL CROSS, HOP RECOVER/HITCH, SIDE MAMBO STEP WITH ¼ TURN, BACK MAMBO STEP, BOOGIE WALK, HITCH

&1 2 R side step, L cross step over R, hop recover onto R while you hitch up with L

3&4 L side rock, recover onto R, ¼ turn left with L back step (3:00)

5&6 R rock back, recover onto L, R step forward

7&8& L steps forward with knees leading left, R steps forward with knees leading right, L steps forward with knees leading left, R hitch up

[17-24] FULL TURN SAMBA DIAMOND

1&2 R cross step over L, ¼ turn right with L slightly side step, R steps back (6:00)

3&4 L cross step behind R, ¼ turn right with R slightly side step, L steps forward (9:00)

5&6 R cross step over L, ¼ turn right with L slightly side step, R steps back (12:00)

7&8 L cross step behind R, ¼ turn right with R slightly side step, L steps forward (3:00)

[25-32] SAILOR STEP X2, SIDE STEP PREP, FULL TURN VOLTA

1&2 R cross behind L, L side step, R side step

3&4 L cross behind R, R side step, L side step

5 R side step with torso turned right (prep to turn left)

6&7&8 ⅓ turn left with L stepping forward (10:30), R locks behind L, ⅓ turn left with L stepping forward (6:00), R locks behind L, ⅓ turn left with L stepping forward (3:00)

A2 - 42 COUNTS (FIRST 28 COUNTS ARE THE SAME)

[25-32] SAILOR STEP X2, CROSS OVER, DIAGONAL BACK, HEEL TOUCH, GATHER STEP, CROSS OVER, SWEEP

1&2 R cross behind L, L side step, R side step

3&4 L cross behind R, R side step, L side step

5&6& R cross over L, L steps diagonal back, R heel touch forward diagonal, R steps besides L

7 8 L cross over R, R sweeps from back to front

[33-42] CROSS OVER, FULL TURN UNWIND, HOLD X2, V STEP WITH HAND MOVEMENTS

1 R cross over L

2 3 4 Full turn left unwind weight shifting from R to L

5 6 Hold, hold

7 8 R diagonal step forward with right hand reaching diagonal forward to the right, L side step forward with left hand reaching diagonal forward to the left
9 10 R steps back center with right hand covering heart, L steps besides R with left hand covering heart

TAG - 4 COUNTS

&1 2 3 4 R side step (&), L side step (1), full hip roll from left to back to right to forward (2,3,4)

ENDING - Dance through first 14 counts (until back mambo step facing 12:00), L steps forward, R step forward with L stepping besides R as you full turn left, bow down/curtsy bow

Last Update: 6 May 2026
