

# Baby Slow Down

**COPPER** KNOB  
STEPSHEETS

拍数: 46      墙数: 4      级数: Advanced  
编舞者: Mark Paulino (USA) & Dylan DeClue (USA) - May 2025  
音乐: 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 weight shifting 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      ½ turn left with L stepping forward (10:30), R locks behind L, ½ turn left with L stepping forward (6:00), R locks behind L, ½ 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 swaps 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**

---