

Baby Slow Down

Modern Line Dance (ACE) – Dance B

Usage date: 12/08/2026 – 10/08/2027



Description : 46 Counts, 4 Wall
Choreographer : Mark Paulino & Dylan DeClue
Music : 'Slow Down' – Jason Derulo
Sequence : A1 A2 A1 TAG A1 A2 A1 A1 A1

PART 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 RF Cross rock over LF.
& LF Recover.
2 RF Rock to side.
& LF Recover.
3 RF Cross behind LF with ¼ turn right (03:00).
& LF Make ¼ turn right and step forward (06:00).
4 RF Cross slightly over LF with torso turned right (prepping for full turn left).
5 LF Initiate full turn left unwind pushing off RF while shifting weight onto LF.
6 RF Finish full turn with right side step and left toe up.
7 LF Cross behind RF.
& RF Step to side.
8 LF Cross over RF.

10-16: BALL CROSS, HOP RECOVER/HITCH, SIDE MAMBO STEP WITH ¼ TURN, BACK MAMBO STEP, BOOGIE WALK, HITCH

& RF Step to side.
1 LF Cross step over RF.
2 RF Hop recover onto right foot and hitch LF.
3 LF Rock to side.
& RF Recover.
4 LF Make ¼ turn left and step back (03:00).
5 RF Rock back.
& LF Recover.
6 RF Step forward.
7 LF Step forward with knees leading left.
& RF Step forward with knees leading right.
8 LF Step forward with knees leading left.
& RF Hitch.

17-24: FULL TURN SAMBA DIAMOND

1 RF Make ⅛ left and cross step over LF (01:30).
& LF Make ⅛ turn right and step slightly to side (03:00).
2 RF Make ⅛ turn right and step back (04:30).
3 LF Cross step behind RF.
& RF Make ⅛ turn right and step slightly to side (06:00).
4 LF Make ⅛ turn right and step forward (07:30).
5 RF Cross step over LF.
& LF Make ⅛ turn right and step slightly to side (09:00).
6 RF Make ⅛ turn right and step back (10:30).
7 LF Cross step behind RF.
& RF Make ⅛ turn right and step slightly to side (12:00).
8 LF Make ⅛ turn right and step forward (01:30).

25-32: SAILOR STEP (X2), SIDE STEP PREP, FULL TURN VOLTA

1 RF Cross behind LF.
& LF Make ⅛ turn right and step to side (03:00).
2 RF Step to side.
3 LF Cross behind RF.
& RF Step to side.
4 LF Step to side.
5 RF Step to side.
6 LF Make ¼ turn left and step forward (12:00).
& RF Make ¼ turn left and step to side (09:00).
7 LF Make ¼ turn left and step forward (06:00).
& RF Make ⅛ turn left and step to side (04:30).
8 LF Make ⅛ turn left and step forward (03:00).

Baby Slow Down

Modern Line Dance (ACE) – Dance B

Usage date: 12/08/2026 – 10/08/2027



Description : 46 Counts, 4 Wall
Choreographer : Mark Paulino & Dylan DeClue
Music : 'Slow Down' – Jason Derulo
Sequence : A1 A2 A1 TAG A1 A2 A1 A1 A1

PART A2 – 48 COUNTS (FIRST 28 COUNTS ARE THE SAME AS PART A1)

25-32: SAILOR STEPS (X2), CROSS OVER, DIAGONAL BACK, HEEL TOUCH, GATHER STEP, CROSS OVER, SWEEP

Note – Counts 1-4 are the same as counts 25 to 28

- 1 RF Cross behind LF.
& LF Make $\frac{1}{8}$ turn right and step to side (03:00).
2 RF Step to side.
3 LF Cross behind RF.
& RF Step to side.
4 LF Step to side.
5 RF Cross over LF.
& LF Step diagonal back.
6 RF Touch heel into right diagonal.
& RF Step beside LF.
7 LF Cross over RF.
8 RF Sweeps from back to front.

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

- 1 RF Cross over LF.
2,3,4 RF Unwind a full turn left and shift weight from RF to LF.
5 Hold.
6 Hold.
7 RF Step forward into right diagonal and reach diagonal forward with right hand.
8 LF Step to side and reach diagonal forward with left hand.
9 RF Step back to center with right hand covering heart.
10 LF Step beside RF with left hand covering heart.

TAG

1-4: SIDE, SIDE, FULL HIP ROLL

- & RF Step to side.
1 LF Step to side.
2,3,4 Full hip roll from left back to right forward.