Slow Low

Count: 16 **Wall:** 4 **Level:** Intermediate
Choreographer: Gary O'Reilly (IRE) - June 2023
Music: Slow Low - Jason Derulo

Available from iTunes, Amazon & Spotify

#16 count intro

Section 1: CROSS ROCK, SIDE ROCK, BACK ROCK, WALK, CROSS SIDE BACK, HITCH, BEHIND, SIDE

1&2&	Cross rock R over L (1), recover on L (&), rock R to R side (2), recover on L (&)
3 & 4	Cross rock R behind L (3), recover on L (&), step forward on R towards R diagonal (4) (1:30)
5 & 6	Cross L over R (5), step R to R side (&), 1/8 L stepping back on L hitching R knee (6) (12:00)
7 8	Cross R behind L (7), step L to L side (opening body to L diagonal) (8)

Section 2: STEP, LOCK, WALK, SIDE ROCK & CROSS, HIP ROLL 1/8, HIP ROLL 1/8

& 1 2	1/8 L stepping forward R towards L diagonal (&), lock L behind R (1), walk forward on R (2) (10:30)
3 & 4	1/8 R rocking L to L side (3), recover on R (&), cross L over R (4) (12:00)
5 6	Step R to R side (5), 1/8 L transferring weight onto L rolling hips full circle anti-clockwise from L to R (6) (10:30)
7 8	Step R to R side (7), 1/8 L transferring weight onto L rolling hips full circle anti-clockwise from L to R (8) (9:00)

During Wall 4 & 10 the pace of the music increases: dance the 16 count sequence of the dance in single counts taking out all the "&" counts during wall 4 & 10. The dance slows down notably during the hip roll sections so take your time and roll slowly. This takes a little bit of practice but have fun with it.

***TAG 1: At the end of Wall 4 facing (12:00) & Wall 10 facing (6:00) dance the following 8 count tag:**
SLOW R JAZZBOX

1234	Cross R over L (LET) (1), HOLD (2) step back on L (ME) (3), HOLD (4)
5678	Step R to R side (LOVE) (5), HOLD (6), step forward on L (YOU) (7), HOLD (8)

The tag hits the lyrics "Let - Me - Love - You"

****TAG 2: At the end of Wall 6 facing (6:00), dance the following 4 count tag:**
R JAZZBOX

1 2	Cross R over L (1), step back on L (2)
3 4	Step R to R side (3), step forward on L (4)

ENDING: Dance ends after 16 counts of Wall 15 facing (3:00)
To finish facing (12:00): make ¼ L stepping R to R side (&), point L to L side with arms raised up over head & hands back to back palms facing out (1)

Contact:
Gary O'Reilly
oreillygaryone@gmail.com - 00353857819808
https://www.facebook.com/gary.reilly.104
www.thelifeoreillydance.com