

# Slow Low

**COPPER** **KNOB**  
BY SHEETS

Compte: 16

Mur: 4

Niveau: Intermediate

Chorégraphe: Gary O'Reilly (IRE) - June 2023

Musique: 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 1/4 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](http://www.thelifeoreillydance.com)