

AB Baby

LINEDANCE.COM

Count: 32 **Wall:** 4 **Level:** Absolute Beginner

Choreographer: Liz Atkinson (USA) - August 2022

Music: - Catherine Russell, Lee Hudson, Matt Munisteri & Mark Shane

Created for my Absolute Beginner class to teach the Lindy step.

16count introduction

No Tags/No Restarts

S1: POINT FWD, POINT SIDE, CHA CHA CHA, POINT FWD, POINT SIDE, CHA CHA CHA

- 1, 2 Point RF fwd, point RF to R side
- 3 & 4 Cha-cha in place RF-LF-RF
- 5, 6 Point LF fwd, point LF to L side
- 7 & 8 Cha-cha in place LF-RF-LF (12:00)

***More experienced dancers may prefer to do a coaster step rather than a cha cha step**

S2: CHARLESTON STEP X2

- 1, 2 Step RF fwd, kick LF fwd
- 3, 4 Step LF back, tap RF back
- 5, 6(repeat) Step RF fwd, kick LF fwd**
- 7, 8 Step LF back, tap RF back (12:00)

S3: LINDY R, LINDY L

- 1 & 2(Chasse R) Step RF to R side, step LF beside RF, step RF to R side**
- 3, 4 Rock onto LF behind RF, recover RF
- 5 & 6(Chasse L) Step LF to L side, step RF beside LF, step LF to L side**
- 7, 8 Rock onto RF behind LF, recover LF (12:00)

S4: 1/4L LINDY R, LINDY L

- 1 & 2 Turning ¼L (chasse R) step RF to R side [9:00], step LF beside RF, step RF to R side
- 3, 4 Rock onto LF behind RF, recover RF

5 & 6(Chasse L) Step LF to L side, step RF beside LF, step LF to L side

7, 8 Rock onto RF behind LF, recover LF (9:00)

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