

# Baby Workout

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**Count:** 48      **Wall:** 2      **Level:** Beginner

**Choreographer:** Meiske Pamaputera , Indo, January 2018

**Music:** Baby Workout by Jackie Wilson

## **(1-8) Forward Diagonal Touches , Forward, 3 Step Back**

**1-4**      Step forward Left diagonal Left, Touch Right, Step diagonal Right, touch Left

**5-8**      Step forward Left, Step Back on Right Left, Right

## **(9-16) Twist Left & Right**

**1-4**      Twist Left, Right, Left, Hold

**5-8**      Step Back Left and twist Right, Left, Right, Hold

## **(17-24) ¼ Turn Shuffle forward, brush, Forward, Recover, ½ Turn, Forward**

**1-4¼ Turn Left stepping Left, Right next to Left, Left forward, Brush Right**

**5-8**      Step forward Right, Recover on Left, ½ Turn Right stepping on Right, Left forward

## **(25-32) Shuffle Forward, brush, Rock, Recover, ¼ Turn, Step side**

**1-4**      Step forward Right, Step Left next to Right, Step forward Right, Brush Left

**5-8**      Step forward Left, Recover on Right, ¼ Turn Left stepping on Left, Right step next to Left

## **(33-40) 2 Paddle turn, Mambo**

**1-4**      Step Left forward, ¼ Turn Right, Step Left forward, ¼ Turn Right

**5-8**      Step Left forward, Recover on Right, Step Left back, Hold

## **(41-48) Coaster Step, 4 Crossing Step Forward**

**1-4**      Step back on Right and Left, Step forward on Right, Hold

**5-8**      Cross forward on Left, Right, Left, Right

## **Tag after wall 1 & 2 . Tag after wall 5 ( 2 times )**

## **Twist to Left, Hold, Twist to Right, Hold**

**1-4**      Step to Left & twist Left Right Left, Hold

**5-8**      Twist Right Left Right, Hold

## **Start again & have Fun**

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Source: LineDance.com — [https://www.linedance.com/index.php?f=dance\\_view&id=122565](https://www.linedance.com/index.php?f=dance_view&id=122565)