

Baby Workout

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

Choreographer: Debbie Hogg - July 2015

Music: Jackie Wilson - Baby Workout

[1-8] Chasse Right, Rock Back, Rock Side, Rock Back

- 1&2** Step R to R side, Close L to R, Step R to R side
- 3-4** Rock back on L, Recover weight onto R
- 5-6** Rock L to L side, Recover weight onto R
- 7-8** Rock back on L, Recover weight onto R

[9-16] Toe Struts travelling to Left Diagonal Front (Optional Full Turn to Left)

1-2L toe strut slightly to left diagonal front

3-4R Cross toe strut

5-6L toe strut slightly to left diagonal front

7-8R Cross toe strut

[17-24] Chasse Left, Rock Back, Rock Side, Rock Back ('Shuffle to the left')

- 1&2** Step L to L side, Close R to L, Step L to L side
- 3-4** Rock back on R, Recover weight onto L
- 5-6** Rock R to R side, Recover weight onto L
- 7-8** Rock back on R, Recover weight onto L

[25-32] 2x Side Step To Right With Shimmy's ('Wobble to the right')

- 1-3** Step R to right side with shoulder shimmies
- 4** Step L beside R
- 5-7** Step R to right side with shoulder shimmies
- 8** Step L beside R

[33-40] Step Forward Right, Hold, ½ Pivot, Hold, Shuffle Forward x2

- 1-2** Step R forward, Hold

3-4½ pivot turn to L, Hold

5&6 Step R forward, Step L beside R, Step R forward

7&8 Step L forward, Step R beside L, Step L forward

[41-48] Box Step x2 ('Put your Hands on hip')

1-2 Step R forward and out to R, Step L forward and out to L

3-4 Step R in place, Step L beside R

5-6 Step R forward and out to R, Step L forward and out to L

7-8 Step R in place, Step L beside R

Tag: After walls 1 & 2 dance the Tag once, after wall 5 dance it twice. It's really easy to hear!

[1-8] Step Touches x4 travelling slightly back

1-2 Step R to R side (slightly back), Touch L beside R

3-4 Step L to L side (slightly back), Touch R beside L

5-6 Step R to R side (slightly back), Touch L beside R

7-8 Step L to L side (slightly back), Touch R beside L

Last Update - 21st July 2015