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Baby Workout

48 Count, 2 Wall, Beginner Choreographer: Debbie Hogg (UK) July 2015 Choreographed to: Baby Workout by Jackie Wilson

1 - 8	Cnasse	Right,	ROCK	васк,	ROCK	Side,	Rock	васк

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

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

- 1 2 L toe strut slightly to left diagonal front
- R Cross toe strut 3 - 4
- 5 6 L toe strut slightly to left diagonal front
- 7 8 R Cross toe strut

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

- 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 Shimmies ('Wobble to the right')

- Step R to right side with shoulder shimmies
- 4 Step L beside R
- 5-6-7 Step R to right side with shoulder shimmies
- Step L beside R

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

- 1 2 Step R forward, Hold
- 3 4 ½ pivot turn to L, Hold
- Step R forward, Step L beside R, Step R forward 5 & 6
- 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 and after wall 5 dance it twice.

It is really easy to hear!"

1 - 8 Step Touches x4 travelling slightly back

- Step R to R side (slightly back), Touch L beside R 1 - 2
- Step L to L side (slightly back), Touch R beside L 3 - 4
- 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