



## Dose Of You Baby

32 Count 4 Wall Beginner Level Dance.  
Choreographed by: Michelle Wright (USA) May 2025  
Choreographed to: Dose by Teddy Swims  
Intro: 32 Counts. Start at approx 15 secs.

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### SEC 1 STEP, TOGETHER, STEP, TOUCH, FORWARD, TOUCH, BACK, TOUCH

- 1-2 Step R forward into R diagonal, Step L next to R
- 3-4 Step R forward into R diagonal, Touch L next to R
- 5-6 Step L into L diagonal slightly angling body R, Touch L next to R
- 7-8 Step R into R back diagonal slightly angling body L, Touch L next to R

### SEC 2 BACK, TOGETHER, BACK, TOUCH, BACK, TOUCH, FORWARD, TOUCH

- 1-2 Step L back into L back diagonal, Step R next to L
- 3-4 Step L back into L back diagonal, Touch R next to L
- 5-6 Step R back into R back diagonal slightly angling body R, Touch R next to L
- 7-8 Step L forward into L diagonal squaring back to front, Touch R next to L

### SEC 3 GRAPEVINE CROSS, POINT, CROSS, POINT, CROSS

- 1-2 Step R to R side, Step L next to R
- 3-4 Step R to R side, Cross L over R
- 5-6 Point R to R side, Cross R over L
- 7-8: Point L to L side, Step L forward slightly over R

### SEC 4 STEP, ½ PIVOT, STEP, ¼ PIVOT, JAZZ BOX

- 1-2 Step R forward, ½ pivot L putting weight on L (6:00)
- 3-4 Step R forward, ¼ pivot L putting weight on L (3:00)
- 5-6 Cross R over L, Step L back
- 7-8 Step R to R side, Step L slightly forward