

Baby Workout

Count: 48

Wall: 2

Level: Beginner

Choreographer: Meiske Pamaputera (INA) - January 2018

Music: Baby Workout - 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

- 1-4 ¼ 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
