My Baby & Me



Count: 64 Wall: 4 Level: Intermediate

Choreographer: Mike Hitchen (UK) - October 2019

Music: Morning Train (Nine to Five) (Edit) - Sheena Easton: (iTunes, amazon)



#32 Count Intro

Section 1: Side Behind, & Cross Side, Sailor 1/4 Turn Right, Rock Step.

1-2 Step left to side, Cross right behind.

&3-4 Step left to side, Cross right over left, Step left to side 12:00

5&6 Step right behind left turning ¼ turn right, Step left to side, Step right forward. 3:00

7-8 Rock forward on left, Recover to right.

Section 2: Shuffle ½ Turn Left, Step ¼ Turn Left, Cross Right Over Left ¼ Turn Right, chasse ¼ Turn Right.

1&2 Step left foot ¼ turn left, Step right together, Step left ¼ turn left. 9:00

3-4 Step forward on right, Pivot ¼ turn left. 6:00

5-6 Cross right over left, Turn ¼ turn right stepping back on left. 9:00
7&8 Step right foot ¼ turn right, Step left together, Step right to side 12:00

Section 2: 2X Cross points, 2X Sailor Steps.

1-2 Cross left over right, Touch right to side.3-4 Cross right over left, Touch left to side.

Cross left behind right, Step right to side, Step left to side.Cross right behind left, Step left to side, Step right to side.

Section 4: Figure of 8.

1-2 Cross left behind right, Step right ¼ turn right 3:00
3-4 Step forward on left, Pivot ½ turn right. 9:00
5-6 Step left ¼ turn right, Step right foot behind , 12:00
7-8 Step left ¼ turn left, Step right forward. 9:00

Section 5: 2X Step ½ Turns, Cross Rock, Side Rock.

1-2 Step left forward. Pivot ½ turn right.

3-4 Step left forward. Pivot ½ turn right. (Weight on right) 9:00

Restart here: on walls 3 and 5

5&6 Cross rock left over right, Recover to right.

7&8 Rock left to side, Recover to right.

Section 6: Cross Left Behind Right, Kickball Cross, step Right 1/4 Turn Right, Step 1/2 Turn, Full Turn.

1-2 Cross left behind right, kick right forward. 9:00

&-3-4 Step on to right, Cross left over right, Step right ¼ turn right. 12:00

5-6 Step left forward, pivot ½ turn right. (Weight on Right) 6:00

7-8 Turn ½ turn right stepping left back, ½ Turn right stepping right forward. (Optional 2 Walks

forward) 6:00

Section 7: Rocking Chair With 1/4 Turn Left, Cross Flick, Cross Flick.

1-2 Rock forward on left, Recover to right.

3-4 Rock back on left recover to right with ¼ turn left. (weight on right) 3:00

5-6 Cross left over right, Flick right to side.7-8 Cross right over left, Flick left to side

Section 8: Rock Step, Shuffle ½ Turn, Rock Step, Coaster Cross.

1-2 Rock left forward, Recover to right.

3&4 Step left ¼ turn left, Step right together, Step left ¼ turn left. 9:00 Rock forward on right. Recover to left 5-6

Step right back, Step left together, Step right across left 7&8

E-mail: Mike.hitchen777@gmail.com

^{*1} Tag after wall 1- 4 Hip Bumps **2 Restarts on walls 3 and 5 after 36 counts