

# Baby Get Down

拍数: 32      墙数: 4      级数: Intermediate  
编舞者: Debbie McLaughlin (UK) - February 2015  
音乐: Baby Get Down - Tomi : (Album: Tomi)



Count in: After 16 counts. The verse lyrics will start when you start the second wall

## WALK WALK, ROCK & CROSS BACK, ½ TURN STEP, ROCK RECOVER SIDE

- 1 2      Walk forward R, L, towards L diagonal (11 o clock)  
3&4      Rock forward on R (still on diagonal), Recover weight back onto L, Cross R over L  
&5 6      Step back on L, Make ½ turn over R shoulder and take big step forward on R, Step L forward (5 o clock)  
7&8      Cross rock R over L, Recover onto L, Make 1/8 turn R stepping R to R side (6 o clock)

## ROCK RECOVER ¼ TURN, STEP ½ TURN, WALK WALK CHUG CHUG

- 1&2      Cross rock L over R, Recover onto R, Make ¼ turn L stepping L forward (3 o clock)  
3 4      Step R forward, Pivot ½ turn L taking weight forward onto L (9 o clock)  
5 6      Walk forward R, L (or make full turn over L shoulder)  
7 8      Chug forward R, L

\*\*\*Optional Note: On the verse, I like to change the last 2 counts to hit the lyrics 'hey hey':

- &7 8      Step R beside L, Take big step forward on L - slightly to L diagonal, Drag R up to L (weight stays on L)

## CROSS ROCK RECOVER ¼ TURN, ½ TURN ½ TURN, SLOW ROCK RECOVER & HEEL & HEEL &

- 1&2      Cross rock R over L, Recover back onto L, Make ¼ turn R stepping R forward (12 o clock)  
3 4      Make ½ turn R stepping back on L, Make ½ turn R stepping forward on R (12 o clock)  
5 6&      Rock forward on L whilst grinding L heel, Recover back onto R, Step L beside R  
7&8&      Touch R heel forward, Step R beside L, Touch L heel forward, Step L beside R

## TOUCH FLICK SIDE, SAILOR ¼ TURN, STEP ½ TURN, FULL TURN

- 1&2      Touch R out to R side, Flick R heel up behind L leg, Step R out to R side  
3&4      Make ¼ turn L stepping back on L, Step R beside L, Step L forward (9 o clock)  
5 6      Step R forward, Pivot ½ turn L taking weight onto L (3 o clock)  
7 8      Make ½ turn L stepping back on R, Make ½ turn L stepping forward on L (3 o clock)

**TAG – To be danced at the end of wall 6, and during wall 10 after 16 counts (then Restart dance after Tag)**  
**DO THESE 16 COUNTS TWICE FOR EACH TAG (32 COUNTS TOTAL)**

## CROSS, SIDE, SAILOR STEP, CROSS, SIDE, SAILOR STEP

- 1 2      Cross R over L, Step L to L side  
3&4      Cross R behind L, Step L to L side, Step R to R side  
5 6      Cross L over R, Step R to R side  
7&8      Cross L behind R, Step R to R side, Step L to L side

## BUMP, BUMP, BUMP & BUMP, STEP PADDLE TURN ½

- 1 2      Step R forward and bump R hip forward, Make ½ turn over L shoulder and step L forward bumping L hip forward  
3&4      Bump hips back, forward, back - ending with weight on R  
5678      Step L forward, Touch R foot out to R side 3 times whilst making ½ turn L (paddle turn)

Contact: [debmcwotzit@gmail.com](mailto:debmcwotzit@gmail.com)