

# Baby Workout

**COPPER KNOB**  
STEPPERS

拍数: 48      墙数: 2      级数: Beginner  
编舞者: Meiske Pamaputera (INA) - January 2018  
音乐: 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**

---