

# Baby Workout

Count: 48

Wall: 2

Level: Beginner

Choreographer: Debbie Hogg (UK) - July 2015

Music: Baby Workout - Jackie Wilson



## [1-8] □ Chasse Right, Rock Back, Rock Side, Rock Back

- 1&2 Step R to R side, Close L to R, Step R to R side
- 3-4 Rock back on L, Recover weight onto R
- 5-6 Rock L to L side, Recover weight onto R
- 7-8 Rock back on L, Recover weight onto R

## [9-16] □ Toe Struts travelling to Left Diagonal Front (Optional Full Turn to Left)

- 1-2 L toe strut slightly to left diagonal front
- 3-4 R Cross toe strut
- 5-6 L toe strut slightly to left diagonal front
- 7-8 R Cross toe strut

## [17-24] □ Chasse Left, Rock Back, Rock Side, Rock Back ('Shuffle to the left')

- 1&2 Step L to L side, Close R to L, Step L to L side
- 3-4 Rock back on R, Recover weight onto L
- 5-6 Rock R to R side, Recover weight onto L
- 7-8 Rock back on R, Recover weight onto L

## [25-32] □ 2x Side Step To Right With Shimmy's ('Wobble to the right')

- 1-3 Step R to right side with shoulder shimmies
- 4 Step L beside R
- 5-7 Step R to right side with shoulder shimmies
- 8 Step L beside R

## [33-40] □ Step Forward Right, Hold, ½ Pivot, Hold, Shuffle Forward x2

- 1-2 Step R forward, Hold
- 3-4 ½ pivot turn to L, Hold
- 5&6 Step R forward, Step L beside R, Step R forward
- 7&8 Step L forward, Step R beside L, Step L forward

## [41-48] □ Box Step x2 ('Put your Hands on hip')

- 1-2 Step R forward and out to R, Step L forward and out to L
- 3-4 Step R in place, Step L beside R
- 5-6 Step R forward and out to R, Step L forward and out to L
- 7-8 Step R in place, Step L beside R

**Tag: After walls 1 & 2 dance the Tag once, after wall 5 dance it twice. It's really easy to hear!**

## [1-8] □ Step Touches x4 travelling slightly back

- 1-2 Step R to R side (slightly back), Touch L beside R
- 3-4 Step L to L side (slightly back), Touch R beside L
- 5-6 Step R to R side (slightly back), Touch L beside R
- 7-8 Step L to L side (slightly back), Touch R beside L

Last Update - 21st July 2015