

# Baby Workout

**Compte:** 48

**Mur:** 2

**Niveau:** Beginner

**Chorégraphe:** Meiske Pamaputera (INA) - January 2018

**Musique:** 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**

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