

Baby Workout

拍数: 48 墙数: 2 级数: Beginner
编舞者: Debbie Hogg (UK) - July 2015
音乐: 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