

# Cross-Border Connection

COPPER KNOB  
STEPSHEETS

拍數: 56      牆數: 2      級數: Intermediate  
編舞者: Lisa Strong (CAN)  
音樂: Baby Workout - George Benson



This dance is dedicated to Charlotte Skeeters, California. Thanks for choreographing a line dance to non-country swing music and re-introducing me to "Huey Lewis and the News". Your inspiration and styling is deeply embedded in my dance.

When dancing to "Baby Work Out", start on the word 'Floor'.

## "MOVE UP": FORWARD, HOLD, FORWARD, HOLD, "TRIPLE" FORWARD, ROCK, REPLACE

1-2            Right step forward; hold  
3-4            Left step forward; hold  
5&6          Right step forward; left step beside right; right step forward  
7-8          Left rock-step forward; right rock-step in place (replace weight on right)

## "MOVE BACK": BACK, HOLD, BACK, HOLD; SHUFFLE ½ TURN; BRUSH; HITCH; CROSS

1-2            Left step back; hold  
3-4            Right step back; hold  
5&6          Step left back (starting ½ turn left); right step beside left, step left forward (finishing ½ turn)  
7&8          Right brush forward; right knee hitch; right cross-step in front of left (facing 6:00 wall)

Options: On count 1, ½ turn left and step on left; on count 3, ½ turn left and step on right

## "SHUFFLE TO THE LEFT": "TRIPLE" SIDE; ROCK; REPLACE; SIDE; SHIMMY; ACROSS; HOLD

1&2          Left step side left; right step beside left; left step side left  
3-4          Right rock-step back and behind left; left rock-step in place (replacing weight on left)  
5-6          Right step side right as you shimmy bending knees; straighten knees with weight on right foot as you finish shimmy  
7-8          Left step across and in front of right; hold

## BRUSH; HITCH; CROSS; "WOBBLE TO THE RIGHT": SYNCOPATED JAZZ BOX ¼ TURN, JAZZ BOX ¼ TURN, SIDE:

1&2          Right brush forward; right knee hitch; right cross-step in front of left  
3&4          Left step back; turn ¼ right and right step forward; left step forward  
5-6          Right cross-step in front of left; left step back  
7-8          Turn ¼ right and right step forward; left step side left (facing 12:00 wall)

(Options: as you left step side lean body slightly to the left and allow right foot to raise off the ground; Hands options: snap fingers on count 8 followed by moving hands slightly down and out)

## "TRIPLE" CROSS; ROCK ; ROCK ; "TRIPLE" CROSS; SIDE; BRUSH

1&2          Right cross-step across and in front of left; left step side left keeping the foot slight back; right cross-step across and in front of left  
3-4          Left rock-step side left; right rock-step side right  
5&6          Left cross-step across and in front of right; right step side left keeping the foot slight back; left cross-step across and in front of right  
7            Right step side right  
8            Left brush forward

## TURN; BRUSH; TURN; BRUSH; TURN; BRUSH; TURN; TOUCH COMPLETING A FULL TURN TO THE LEFT:

1-2          Left step turning ¼ turn left; right brush forward  
3-4          Right step turning ¼ turn left; left brush forward  
5-6          Left step turning ¼ turn left; right brush forward

7-8 Right step turning  $\frac{1}{4}$  turn left; left toe touch forward (facing 12:00 wall)  
(Hand options: for this 8 count sequence put your hands on your hips)

**"WORK OUT": BESIDE, HEEL, FORWARD, TOUCH, BESIDE, HEEL, FORWARD, TOUCH, BESIDE, "TRIPLE" WALK, PIVOT  $\frac{1}{2}$ :**

&1&2 Left step beside right; right heel forward; right step forward; left toe touch beside right

&3&4 Left step beside right; right heel forward; right step forward; left toe touch beside right

&5-7 Left step beside right; right step forward; left step forward; right step forward

8 Pivot  $\frac{1}{2}$  turn left as you step left (facing 6:00 wall)

(Options: on counts 1 and 3: right point touch forward)

**REPEAT**

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