

# BABY WORKOUT

George Benson

Left Foot Lead

Intermediate with some Advanced practice steps at the end!

Clogography: Barry Welch 16291 Anaconda Rd., Madera, CA 93638 (559) 645-7883

Email: bwelch@pelco.com

**SEQUENCE: A - B - A - C - B - D - A - B - A - B - C - A - B - Advanced**

Start right after "Hey you , come out here on the floor"

## Part A:

- |     |   |   |              |   |
|-----|---|---|--------------|---|
| (4) | - | 1 | Stagger Step | DS/Split(R in front) Ball(Rxif) Heel(R) RS      |
| (4) |   | 1 | Rock Slur    | Rock(back on the L) Heel(R) Slur(Lxib) ST DS RS |
| (4) | 2 | 1 | Karate Turn  | DS Kick Turn(1/2 L) ST Chug                     |
| (4) | - | 1 | Fancy Double | DS DS RS RS                                     |

## Part B:

- |      |   |                |   |
|------|---|----------------|---|
| (16) | 2 | Samantha Turns | DS DS(xif) Drag ST Drag ST RS DS DS RS (1/2R) |
|------|---|----------------|---|

**Repeat: A** Stagger Step, Rock Slur, Karate, Fancy Double (2x's)

## Part C:

- |     |   |              |                              |
|-----|---|--------------|------------------------------|
| (4) | 1 | Triple Brush | DS DS DS RS (moving forward) |
| (4) | 1 | Rock Back    | DS RS RS RS (moving back)    |

**Repeat: B** 2 Samantha turns

## Part D:

- |     |   |                   |   |
|-----|---|-------------------|---|
| (2) | 1 | Heel Slur         | Heel Slur Step (moving L)   |
| (2) | 1 | Grind             | Step(L foot) while rotating hips clockwise                        |
| (2) | 1 | Dolphin/Body Roll | Start at your head and roll body downward like a wave to you hips |
| (2) | 2 | Runs              | DS DS   |

**Repeat: A - B - A - B - C - A - B**

## Advanced:

- |     |   |                    |  |
|-----|---|--------------------|--|
| (8) | 1 | 8ct Double Doubles | Step Dbl Hop Dbl Step Dbl Hop Dbl Step Dbl Hop<br>Dbl Step Dbl Hop |
| (8) | 4 | Sonics             | Step Dbl Hop Tch   |

This last section changes to a swing rhythm. Normal runs will not fit the music very well. It's more of a "smooth hoppy" style. Relax while you dance and slow the push and the pull of the double toe to make it more Canadian in style.