

Westie Work

Count: 32

Wand: 4

Ebene: Improver - West Coast

Choreograf/in: Emma Whillans (USA) & Anna Szymanski (USA) - June 2023

Musik: Work & Suga Suga - Jackson Breit



[1 - 8] WALK X2, ANCHOR, 1/4, 1/2, TOUCH, SHUFFLE

- 1 2 Step R fwd(1) Step L fwd(2) 12:00
3 & 4 Lock R behind L(3), Step L down(&), Step R back(4) 12:00
5 6 & 1/4 turn L stepping L to left(5), 1/2 turn L stepping R to right(6) Touch L beside R(&) 3:00
7 & 8 Step L to left opening knees(7), Step R together closing knees (&) Step L to left opening knees(8) 3:00

[9 - 16] 1/2 HITCH, OUT/SIT, HIP ROLL, 1/4 JAZZ, 1/4 COASTER

- & 1 2 1/4 turn L Brushing R fwd(&) 1/4 turn L hitching R knee(1) Step R out(2) 9:00
3 4 Hip roll CW R to L (3) Recover R(4) 9:00
5 & 6 & Cross L over R(5) 1/4 turn L stepping R back(&) step L to left(6) Cross R over(&) 6:00
7 & 8 1/4 turn R stepping L back(7) Step R beside L(&) Step L fwd (8) 9:00

[17-24] WALK X2, FWD MAMBO, 1/4 BEHIND, SIDE CROSS, BUMP & SIT

- 1 2 Step R fwd(1) Step L fwd(2) 9:00
3 & 4 Rock R fwd(3), Recover L(&) Step R back(4) 9:00
5 & 6 1/4 turn R Stepping L behind R(5) Step R to right(&) Cross L over R(6) 12:00
7 & 8 Touch R to R bumping hips R (7) Return hips to center (&) Shift weight R into sit position(8) 12:00

[25 - 32] BEHIND ROCK RECOVER, 1/4, 1/2 TRIPLE, PIVOT, BOOGIE

- 1 & 2 Rock L behind R(1) Recover R(&) 1/4 R turn stepping L back(2) 3:00
3 & 4 1/4 turn R stepping R to right(3) Step L together (&) 1/4 Turn R stepping R fwd(4) 9:00
5 6 Step L fwd(5) 1/2 Pivot R weight ending fwd(6) 3:00
7 & 8 Step L fwd while pushing hip/knees left(7) Step R fwd pushing hip/knees right(&) Step L fwd pushing hip/knees L(8) 3:00