

Work Your Body

Count: 64

Wall: 4

Level: Intermediate

Choreographer: Dee Musk (UK) - July 2014

Music: Heavy Rotation - Anastacia : (Album: Heavy Rotation.)



32 Count Intro – Approx 14 seconds – Track approx 3 mins 26 secs

Track available from [iTunes.co.uk deemusk@btinternet.com](https://www.itunes.co.uk/deemusk@btinternet.com) Dee – 07814 295470

Side Touch, Point ¼ Turn R, Point Cross, Side Rock.

- 1,2 Step L to L side, touch R toe across L.
- 3,4 Point R toe to R side, make a ¼ turn R stepping R beside L.
- 5,6 Point L toe to L side, cross L over R.
- 7,8 Rock R to R side, recover weight to L. (3 o'clock).

Behind Side, Cross Shuffle, Side Rock, Behind Point.

- 1,2 Step R behind L, step L to L side.
- 3&4 Cross R over L, step L to L side, cross R over L.
- 5,6 Rock L to L side, recover weight to R.
- 7,8 Step L behind R, point R to R side. (3 o'clock).

Cross Hitch, Weave R, Cross Shuffle.

- 1,2 Cross R over L, hitch knee L over R.
- 3-6 Cross L over R, step R to R side, step L behind R, step R to R side.
- 7&8 Cross L over R, step R to R side, cross L over R. (3 o'clock).

Hinge ½ Turn L, Cross Rock, Side Hold, Ball Side Touch.

- 1,2 Make a ¼ turn L stepping back on R, make a ¼ turn L stepping L to L side.
- 3,4 Cross rock R over L, recover weight to L.
- 5,6 Step R to R side, hold count 6.
- &7,8 Step L beside R, step R to R side, touch L beside R. **Restart during wall 5** (9 o'clock).

¼ Turn L Hold, Ball ¼ Turn L Cross, ¼ Turn R, Step ½ Turn R, Forward Rock.

- 1,2 Making a ¼ turn L step forward on L, hold count 2.
- &3,4 Step R beside L, make a ¼ turn L crossing L over R, make a ¼ turn R stepping forward on R.
- 5,6 Step forward on L, make a ½ turn R.
- 7,8 Rock forward on L, recover weight to R. (12 o'clock).

Back Rock, ¼ Turn L Cross Point, ½ Turn R Cross Point, Cross Back.

- 1,2 Rock back on L, recover weight to R.
- 3,4 Make a ¼ turn L crossing L over R, point R to R side.
- 5,6 Make a ½ turn R crossing R over L, point L to L side.
- 7,8 Cross L over R, step back on R. (3 o'clock).

Side, Touch Ball Cross ¼ Turn R, Step ½ Turn R, Step ¼ Turn R.

- 1 Step L to L side.
- 2&3 Touch R beside L, step R to R side, cross L over R.
- 4 Make a ¼ turn R stepping forward on R.
- 5,6 Step forward on L, make a ½ turn R.
- 7,8 Step forward on L, make a ¼ turn R. (3 o'clock).

Cross Hold, Side Rock Cross, Weave L.

- 1,2 Cross L over R, hold count 2.

&3,4 Rock R to R side, recover weight to L, cross R over L.
5-8 Step L to L side, step R behind L, step L to L side, cross R over L. (3 o'clock).

Restart during wall 5, dance up to and including count 32 – begin again facing 9 o'clock wall.
