

# Work It Out (全面解決) (zh)

COPPER KNOB  
STEPSHEDS

Compte: 40

Mur: 4

Niveau: Intermediate

Chorégraphe: Robbie McGowan Hickie (UK) - 2010年06月

Musique: Can't Touch It - Rickie-Lee : (CD: Sex And The City 2)



前奏 : 24 Count intro – Start on Vocals 24拍後唱歌起跳

- 第一段**     **2x Walks Forward. Ball-Step. Right Mambo Forward. 2x Walks Back. Left Coaster Cross.** 走, 前交換, 前曼波, 後走, 後走, 海岸交叉
- 1–2     Walk forward on Right. Walk forward on Left. 右足前走, 左足前走
- &3     Step ball of Right beside Left. Step forward on Left.  
右足併踏, 左足前踏
- 4&5     Rock forward on Right. Rock back on Left. Step back on Right.  
右足前下沉, 左足回復, 右足後踏
- 6–7     Walk back on Left. Walk back on Right. 左足後走, 右足後走
- 8&1     Step back on Left. Step Right beside Left. Cross step Left over Right.  
左足後踏, 右足併踏, 左足於右足前交叉踏
- Option:     Counts 6 – 7 above ... Push both hands Up and Out to Left side. Push hands up to Right side. 6-7拍雙手高舉向左推, 雙手向右推
- 第二段**     **Side Step Right. Back Rock & Side. Cross. Unwind Full Turn Right. Hip Bumps.** 右大步, 後下沉 回復 左踏, 後交叉, 繞轉圈, 推臀
- 2     Long step Right to Right side – dragging Left towards Right.  
右足右一大步左足拖併
- 3&4     Rock back Left behind Right. Rock forward on Right. Step Left to Left side. 左人於右足後下沉, 右足回復, 左足左踏
- 5–6     Cross Right behind Left. Unwind Full turn Right. (Weight on Right)  
右足於左足後交叉踏, 右繞轉圈(重心在右足)
- 7&8     Step Left to Left side Bumping hips Left. Bump hips Right. Bump hips Left. 左足左踏左推臀, 右推臀, 左推臀
- \*\* (RESTART Point + TAG)\*\* 從頭起跳說明在最後**
- 第三段**     **Right Mambo Back. Hip Bumps Forward. 1/2 Turn Right Hip Bumps Forward. 1/4 Turn Right. Touch.** 後曼波, 推臀, 右轉推臀, 右1/4左大步, 後點
- 1&2     Rock back on Right. Rock forward on Left. Step forward on Right.  
右足後下沉, 左足回復, 右足前踏
- 3&4     Step forward on Left, Bumping hips forward. Bump hips back. Bump hips forward. 左足前踏前推臀, 後推臀, 前推臀
- 5&6     Make 1/2 turn Right Bumping hips forward. Bump hips back. Bump hips forward. 右轉180度前推臀, 後推臀, 前推臀
- 7–8     Make 1/4 turn Right stepping Left Long step to Left side. Touch Right toe behind Left heel. 右轉90度左足左一大步, 右足趾於左足後點
- 第四段**     **Ball-Cross. Side. Left Sailor 1/2 Turn Left. Ball-Step. Pivot 1/2 Turn Right. Left Shuffle 1/2 Turn Right.** 併交叉, 右踏, 轉水手, 併踏, 轉, 轉交換
- &1–2     Step ball of Right beside Left. Cross step Left over Right. Step Right to Right side. (9 o'clock)  
右足併踏, 左足於右足前交叉踏, 右足右踏(面向9點鐘)
- 3&4     Cross Left behind Right making 1/2 turn Left. Step Right to beside Left. Step forward on Left.  
左轉180度左足於右足後交叉踏, 右足併踏, 左足前踏
- &5–6     Step ball of Right beside Left. Step forward on Left. Pivot 1/2 turn Right. 右足併踏, 左足前踏, 右軸轉180度
- 7&8     Left shuffle forward making 1/2 turn Right stepping Left. Right. Left. (3 o'clock) 右180度轉交換-左, 右, 左(面向3點鐘)

- 第五段** & Heel. Hook. Left Lock Step Forward. Forward. Together. Back. Left Shuffle 1/2 Turn Left. 後踵點, 勾, 前鎖步, 前併後, 轉交換
- 8&1-2 Step back on Right. Dig Left heel forward. Hook Left heel across Right shin. 右足後踏, 左足踵前點, 左足踵於右足前勾
- 3&4 Step forward on Left. Lock step Right behind Left. Step forward on Left. 左足前踏, 右足於左足後鎖踏, 左足前踏
- 5&6 Step forward on Right. Step Left beside Right. Step back on Right. 右足前踏, 左足併踏, 右足後踏
- 7&8 Left shuffle making 1/2 turn Left stepping Left. Right. Left. (9 o'clock) 左180度轉交換-左, 右, 左(面向9點鐘)
- TAG 1:** END of Wall 2 (Facing 6 o'clock) 第二面牆(面向6點鐘)結束時

**Forward Rock. Triple Full Turn Right. Left Mambo Forward. Back. Together.** 下沉 回復, 三步右轉圈, 前曼波, 後併

- 1-2 Rock forward on Right. Rock back on Left. 右足前下沉, 左足回復
- 3&4 Right triple step (on the spot) making Full turn Right stepping Right. Left. Right. 三步原點右轉圈-右, 左, 右
- 5&6 Rock forward on Left. Rock back on Right. Step back on Left. 左足前下沉, 右足回復, 左足後踏
- 7-8 Step back on Right. Slide/Step Left beside Right. (Weight on Left) (Facing 6 o'clock) 右足後踏, 左足滑併踏(重心在左足)(面向6點鐘)

**RESTART:** Dance to Count 16 of Wall 5 (Facing 12 o'clock) – ADD On TAG 2 – Then start from the Beginning 第五面牆跳至第二段時面向12點鐘, 加跳8拍後, 從頭起跳

- TAG 2:** Back Rock & Side. Cross. Side. Left Sailor 1/4 Turn Left. Cross. Unwind 3/4 Turn Left. 後下沉 回復 右踏, 交叉 右踏, 1/4轉水手, 交叉 繞轉3/4
- 1&2 Rock back on Right. Rock forward on Left. Step Right to Right side. 右足後下沉, 左足回復, 右足右踏
- 3-4 Cross step Left over Right. Step Right to Right side. 左足於右足前交叉踏, 右足右踏
- 5&6 Cross Left behind Right making 1/4 turn Left. Step Right beside Left. Step forward on Left. 左轉90度左足於右足後交叉踏, 右足併踏, 左足前踏
- 7-8 Cross Right over Left. Unwind 3/4 turn Left. (Weight on Left) (Facing 12 o'clock) 右足於左足前交叉踏, 左繞轉270度(重心在左足)(面向12點鐘)
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