

Compte: 32 Mur: 4 Niveau: Intermediate

Chorégraphe: Stephen Sunter (UK)

Musique: Work It Out - Beyoncé



### BACK, CROSS, SIDE, BEHIND, SIDE, BACK CROSS, SIDE, BEHIND, 1/4 TURN

&1 Step left back, cross step right over left, (twist shoulders to right)

2-3-4 Step left-to-left side, right behind, left to left, (straightening shoulders to front)

&5 Step right back, cross left over right, (twist shoulders to left)

6-7-8 Step right-to-right side, left behind, make ¼ right and step forward right, (straightening

shoulders to front)

# TURN ¾ TURN, SIDE, BEHIND, TURN ¼ LEFT, SIDE, BEHIND. FULL TURN, SIDE, DRAG ¼ TURN

& Making a ¾ turn right step ball of left next to right

9 Cross step right over left

10-11-12 Step left to left, step right behind left, make ¼ turn left and step forward left

&13 Step right to side, lock left behind right
14-15 Unwind full turn left, large step right to side
16 Drag left toward right and make a ¼ turn left

# LEFT NEXT TO RIGHT, WALK FORWARD, HIP BUMPS

&17 Step left next to right, large step forward right, (lean shoulders back)

18-19 Step forward left, step right slightly out to right side

20 Pop right knee in

&21 Bump hips left, bump hips right

22-23-24 Bump hips left, bump hips right, bump hips left

#### WIGGLE, 1/4 TURN, STEP 1/2 TURN, WALK BACK, CHANGE, WALK FORWARD

&a25 Bump hips right, bump hips left, bump hips right making a ¼ turn left and pop left knee

Step forward left, make ½ turn left and step back on right, step back left Step right next to left, large step forward left, (lean shoulders back)

30-31-32 Step forward right, step forward left, step right to right side

#### **REPEAT**