

# Work Out

Compte: 0

Mur: 4

Niveau: Advanced

Chorégraphe: Carolyn Robinson (USA)

Musique: Takin' Care of Business - Bachman-Turner Overdrive



Sequence: AAAA BAA B B- A

## PART A

### KICK, TOUCH; KICK-BALL-TOUCH; PIVOT ½ RIGHT; HITCH BUMP AND BUMP

- 1-2 Kick right forward, touch right
- 3&4 Kick right, step right in place, touch left beside right
- 5-6 Step left forward, pivot ½ right (weight (weight) on right-6:00 wall)
- &7&8 Hitch left, side step left/bump hip left, bump right, bump left (weight on left)

### SIDE ROCK; SAILOR STEP; SIDE ROCK; SAILOR STEP

- 9-10 Side rock right, recover left
- 11&12 Cross right behind left, side step left, side step right
- 13-14 Side rock left, recover right
- 15&16 Cross left behind right, side step right, side step left

### CROSS, POINT; KICK & POINT; CROSS, POINT; KICK & POINT

- 17-18 Cross right in front of left, side point left
- 19&20 Kick left, quick step left, side point right
- 21-22 Cross right in front of left, side point left
- 23&24 Kick left, quick step left, side point right

### HIP ROLL ¼ LEFT; TRIPLE FORWARD; STEP, HIP ROLL ¼ LEFT; HIP ROLL ½ RIGHT

- 25-26 Roll hips to the left ¼ turn left and tap left heel (keeping weight on right-3:00 wall)
- 27&28 Step left forward, quick step right to left instep, step left forward
- 29-30 Side step right, roll hips to the left ¼ turn left (12:00 wall)
- 31-32 Roll hips to the right ½ turn right and tap right heel (keeping weight on left-6:00 wall)

### KICK-CROSS-POINT; KICK-CROSS-POINT

- 33&34 Kick right, cross right in front of left, side point left
- 35&36 Kick left, cross left in front of right, side point right

### TOUCH BEHIND, TOUCH SIDE; BEHIND AND FORWARD

- 37-38 Touch right behind left, side touch right
- 39&40 Cross right behind left, quick side step left, step right forward

### STEP LOCK; STEP-LOCK-STEP; SIDE ROCK; BEHIND & FORWARD

- 41-42 Step left forward, step right behind left (in lock position)
- 43&44 Step left forward, step right behind left (locking), step left forward
- 45-46 Side rock right, recover left
- 47&48 Cross right behind left, side step left, step right forward

### ROCK, RECOVER; TRIPLE ½ LEFT; ROCK, RECOVER; TRIPLE ¾ RIGHT

- 49-50 Rock left forward, recover right
- 51&52 Triple step ½ turn left (left-right-left -12:00 wall)
- 53-54 Rock right forward, recover left
- 55&56 Triple step ¾ turn right (right-left-right-9:00 wall)

**KICK-AND-POINT; KICK-AND-POINT; ROCK, RECOVER; COASTER**

57&58 Kick left forward, quick step left beside right, side point right  
59&60 Kick right forward, quick step right beside left, side point left  
61-62 Rock left forward, recover right  
63&64 Step left back, quick step right back, step left forward

**SECTION B****SIDE TOGETHER; MAMBO RIGHT, BUMP RIGHT, BUMP LEFT; BUMP RIGHT-LEFT-RIGHT**

1-2 Side step right, step left beside right  
3&4 Side step right, quick step left beside right, side step right  
5-6 Bump hips right, bump hips left  
7&8 Bump hips right, left, right (weight on right)

**SIDE TOGETHER; MAMBO LEFT, BUMP LEFT, BUMP RIGHT; BUMP LEFT-RIGHT-LEFT**

9-10 Side step left, step right beside left  
11&12 Side step left, quick step right beside left, side step left  
13-14 Bump hips left, bump hips right  
15&16 Bump hips left, right, left (weight on left)

**SWAY RIGHT, LEFT; KICK-&-POINT; SWEEP LEFT ½ TURN; RIGHT COASTER STEP**

17-18 Sway hips right, sway hips left  
19&20 Kick right forward, quick step right beside left, side point left  
21-22 Sweep left toe around for a half turn left, step down on left  
23&24 Step right back; step left beside right; step right forward

**SWAY LEFT, RIGHT; KICK-&-POINT; SWEEP RIGHT ½ TURN; LEFT COASTER STEP**

25-26 Sway hips left, sway hips right  
27&28 Kick left forward, quick step left beside right, side point right  
29-30 Sweep right toe around for a half turn right, step down on right  
31&32 Step left back; step right beside left; step left forward

**SIDE TOGETHER; MAMBO RIGHT, BUMP RIGHT, BUMP LEFT; BUMP RIGHT-LEFT-RIGHT**

33-34 Side step right, step left beside right  
35&36 Side step right, quick step left beside right, side step right  
37-38 Bump hips right, bump hips left  
39&40 Bump hips right, left, right (weight on right)

**SIDE TOGETHER; MAMBO LEFT, BUMP LEFT, BUMP RIGHT; BUMP LEFT-RIGHT-LEFT**

41-42 Side step left, step right beside left  
43&44 Side step left, quick step right beside left, side step left  
45-46 Bump hips left, bump hips right  
47&48 Bump hips left, right, left (weight on left)

**SECTION B-**

1-32 Counts 1-32 of Section B

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