

# Workin' It Out

Compte: 32

Mur: 4

Niveau: Intermediate

Chorégraphe: Marg Jones (CAN)

Musique: Work It Out - Beyoncé



## STEP OUT, OUT, IN, IN, HEEL FAN

- 1-2 Step right diagonally right forward, step left diagonally left forward (feet about 15" apart)  
3& Step right back to center, step left beside right  
4& Fan heels out, in

## HITCH, HITCH, ROCK BACK, ROCK FORWARD, STEP

- 5& Hitch right while hopping on left, twice  
6& Rock back on right, recover on left  
7& Rock forward on right, recover on left  
8 Step on right beside left

## STEP, HITCH, STEP, HITCH, COASTER BACK

- 9& Step back on left, hitch right while hopping on left  
10& Step back on right, hitch left while hopping on right  
11&12 Step back on left, step back on right, step forward on left

## POINT, HITCH, CROSS, POINT, HITCH, CROSS

- 13&14 Touch right toe to right, hitch right across front of left while hopping on left, step on right (legs are crossed)  
15&16 Touch left toe to left, hitch left across front of right while hopping on right, step on left (legs are crossed)

## ROCK FORWARD, ROCK BACK, ROCK FORWARD, STEP

- 17& Rock forward on right, recover on left  
18& Rock back on right, recover on left  
19& Rock forward on right, recover on left  
20 Step right beside left

## JAZZ BOX TURNING ¼ LEFT WITH HITCH; JAZZ BOX

- 21& Step left across right, step back on right (beginning ¼ turn left)  
22& (Completing ¼ turn) step left to left, hop on left while hitching right  
23&24 Step right across left, step back on left, step right beside left

## KNEE KNOCKERS MOVING RIGHT; TOES, HEELS, TOES, HEELS, TOES

**Next 4 counts are done moving to right**

- 25 Toes together, heels out  
26 Heels together, toes out  
27 Toes together, heels out  
& Heels together, toes out  
28 Toes together, heels out

## TOUCH RIGHT & LEFT & FRONT & STEP

- 29&30& Touch right toe to right, step right beside left, touch left toe to left, step left beside right  
31&32 Touch right heel to front, step right beside left, step forward on left

**REPEAT**

