Workin' My Way Back



Compte: 32 Mur: 4 Niveau: Improver west coast swing

Chorégraphe: Rick Bates (USA) & Deborah Bates (USA)

Musique: Working My Way Back to You - The Spinners



SIDE STEP, SYNCOPATED SIDE ROCK STEP, CROSS, SIDE, BEHIND, TURNING SHUFFLE

1-2	Step to the right on right foot; slide left foot next to right and step
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3&4 Step to the right on right foot; rock to the left onto left foot; cross right foot over left and step

5-6 Step to the left on left foot; cross right foot behind left and step

7&8 Side shuffle to the left (left, right, left) making a ¼ turn to the left on these steps

HIP SWAYS, FORWARD SHUFFLE, MILITARY PIVOT TO THE RIGHT, FORWARD SHUFFLE

9-10 Step forward on right foot and sway right hip forward; rock back onto left foot and sway left

hip back

11&12 Shuffle forward (right, left, right)

13-14 Step forward on left foot; pivot ½ turn to the right on ball of left foot and shift weight to right

foot

15&16 Shuffle forward (left, right, left)

CROSS, SIDE STEP, HEEL TAP, TOGETHER, CROSS, SIDE STEP, HEEL TAP, TOGETHER

17-18 Cross right foot over left and step; step to the left on left foot

19-20 Tap right heel forward and diagonally to the right; step right foot next to left

21-22 Cross left foot over right and step; step to the right on right foot

23-24 Tap left heel forward and diagonally to the left; step left foot next to right

CROSS, STEP BACK, FORWARD SHUFFLE, ROCK STEP, TURNING SHUFFLE

25-26 Cross right foot over left and step; step back on left foot

27&28 Shuffle forward (right, left, right)

29-30 Step forward on left foot; rock back onto right foot

31&32 Shuffle in place (left, right, left) making a ½ turn to the left with these steps

REPEAT