

Werk!

COPPER KNOB
STEPSHETS

拍数: 32 墙数: 2 级数: Phrased Intermediate
编舞者: Ra'Chel Fowler (USA) - September 2014
音乐: Work It (Ian Munro Remix) - Missy Elliott



Pattern: AA, BB

PART A - 16 counts

SHA'RON, TWO STEPS, ¼ TURN LEFT, SHARON, TWO STEPS, TAP, WALK BACK, COASTER, ½ TURN LEFT

1-2& Step up right, followed with left behind right, step right
3-4 Step up with right foot followed by left
5-6& ¼ turn left – step left, step right behind left, step left
7-8 step up with left foot followed by right

1-2 Tap up with right foot, step back with right foot
3-4& Step back with left, right coaster (hop back on right foot, tap left)
5-6 Tap right foot out, recover
7-8 Place left foot behind right ½ turn left

REPEAT

PART B - 16 counts

MR. QUICK ½ TURN RIGHT, STEP UP, SLIDE BACK FULL TURN LEFT

1-2 Step up with right foot, lift right leg
3-4 Move right foot forward in slow motion
&5-6 Tap left foot down, tap right foot out (say "And WERK), recover right
7-8 Place left foot behind right ½ turn left

1-2 Step up with right foot followed by left
3-4 freestyle
5-6 freestyle
7-8 Place left foot behind right ½ turn left

START OVER

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