

Work From Home

COPPER KNOB
STEPPERS

拍数: 48 墙数: 4 级数: Phrased Beginner / Improver
编舞者: Judy Rodgers (USA) - May 2016
音乐: Work from Home (feat. Ty Dolla \$ign) - Fifth Harmony



Intro: 16 counts

This is a very easy dance that introduces a Part A and Part B to high beginners.
It is a floor split to Work From Home by Guyton Mundy, Roy Hadisubroto & Fred Whitehouse.

Dance Part A 3 times...always at Walls 12:00, 3:00 and 6:00. Dance Part B 1 time...always at 9:00 .
Sequence: AAAB AAAB AAAB A (The 4th time at 12:00, dance 20 counts ***see ending)

Part A (32 count)

A1: Side, together, side, touch, rock fwd, recover, back, touch

- 1-4 Step R to right side, step L beside R, step R to right side, touch L beside R
- 5-8 Rock L fwd, recover R, walk L back, touch R beside L

A2: Dip, point, dip, point, jazz box turn ¼ R

- 1-2 Dip right (shift weight to R facing left diagonal), point L to left diagonal & snap fingers
- 3-4 Dip left (shift weight to L facing right diagonal), point R to right diagonal & snap fingers
- 5-6 Cross R over L, turn ¼ right step L back - □□□3:00
- 7-8 Step R to right side, step L fwd

A3: Funky toe strut R & L, fwd, touch, back, touch

- 1-2 Touch R toe fwd as you push R hip up, step down on R
- 3-4 Touch L toe fwd as you push L hip up, step down on L
- 5-8 Step R fwd, touch L beside R, step L back, touch R beside L

A4: Back, touch, back, touch, sway, sway, sway, sway

- 1-4 Step R back, touch L beside R, step L back, touch R beside L
- 5-8 Step R to right and sway R L R L (weight to L)

****option 1-4** □ turn ½ right step R fwd, touch L, turn ½ right step L back, touch R

Part B (16 count) always facing 9:00

B1: Side R, touch, side L, touch, vine R

- 1-4 Step R to right side, touch L beside R, step L to left side, touch R beside L
- 5-8 Step R to right side, step L behind R, step R to right side, touch L beside R (snap fingers)

****option 5-8** □ Rolling vine to the right

B2: Side, behind, turn ¼ L, scuff, step, pivot ½ L, together, jump

- 1-4 Step L to left side, step R behind L, turn ¼ left step L fwd, scuff/step R fwd - □6:00
- 5-8 Step R fwd, pivot ½ left step L fwd, step R beside L, small jump fwd both feet - 12:00

Ending: 4th time starting 12:00, dance thru cnt 20 (funky toe struts), add a step pivot ¼ L to end front

Thanks Mitzi Day for the music suggestion!!