

Working on Me

拍数: 32 墙数: 2 级数: Intermediate
编舞者: Paul Snooke (AUS), Jo Kinser (UK), John Kinser (UK), Roy Verdonk (NL), Jonas Dahlgren (SWE) & Guillaume Richard (FR) - May 2018
音乐: Working on Me - Clay Walker



[1-9] Back, together, forward, ¼ turn, nightclub basic, ¼ forward, forward, ½, full turn travelling forward and sweep

- 1-2&3 Step RF back, step LF together, step RF forward, turn ¼ L transferring the weight to your LF [9:00]
4&5 Step RF to R side, step LF slightly behind RF, cross RF over LF [9:00]
6&7 Turn ¼ L and step LF forward, step RF forward, turn ½ L transferring weight to LF [12:00]
8&1 Step RF forward, turn ½ R step LF back***, turn ½ R step RF forward while sweep LF around in front [12:00]

[10-16] Cross, side, back/rock-recover, ¼ back, back-sweep, back-sweep, weave, ¼

- 2&3 Cross LF over RF, step RF to R side, step/rock LF behind RF [12:00]
4&5 Recover weight to RF, turn ¼ R step LF back, step RF back sweeping LF around behind RF [3:00]
6 Step LF back sweeping RF around behind LF [3:00]
7&8& Cross RF behind LF, step LF to L side, cross RF in front of LF, turn ¼ R step LF back*** [6:00]

[17-24] ¼ turn toe with hand up, touch knees bent fist to chest, together knees straight palm down, cross, back, diagonal back, cross, back, ¼ side, sway R, L

- 1 Turn ¼ R step RF to R side lifting LF off the ground point L toe & reach R hand up to R side looking at your hand [9:00]
2 Turn 1/8 R touch LF next to RF and bend the both knees R hand will be in a fist in front of the chest [10:30]
3 Step LF together straighten both knees so your back in a standing position and push the palm of your hand down towards the floor [10:30]
4&5 Cross RF over LF, turn 1/8 R step LF back, step RF back on the R diagonal [12:00]
6&7 Cross LF over RF, step RF back, turn ¼ L step LF to L side [9:00]
8& Sway body to R side, sway body to L side [9:00]

[25-32] Half a diamond, forward/rock-recover-1/8 sweep, behind, side, forward/rock-recover

- 1-2& Step RF to R side, turn 1/8 L step LF back, step RF back [7:30]
3-4& Turn 1/8 L step LF to L side, turn 1/8 L step RF forward, step LF forward [4:30]
5-6 Step/rock RF forward, recover weight to LF as you turn 1/8 R and sweep RF around behind LF [6:00]
7&8& Cross RF behind LF, step LF to L side, step/rock RF forward, recover weight to LF [6:00]

***Restarts:

- (1) On wall 4 dance up to the & count after count 8 and start the dance again (you will be facing the front wall)
(2) On wall 7 dance up to the & count after count 16 and start the dance again (you will be facing the back wall)

ENDING: Finish on wall 9, dance up to count 30 and replace the last 2 counts of the dance with a ½ turn R sailor to face the front

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