

We're Gonna Work It Out

COPPER KNOB
BY STEPHEN BRETZ

拍数: 64 墙数: 4 级数: Easy Intermediate
编舞者: Kathryn Hammond (AUS) - April 2019
音乐: Work It Out - Marshall Dane : (Album: One of these days - 3.24)



Starts 16 counts in with weight on left. Moves in anti- clockwise direction. 115 BPM

[1 – 8] Side rock, replace, behind, side, cross, side rock, replace, behind, side, quarter (3 o'clock)

1,2,3&4 Rock R to right side, replace weight to L, step R behind L, step L to left side, step R in front of L
5,6,7&8 Rock L to left side, replace weight to R, step L behind R, turning 90° right step R forward, step L forward

[9 – 16] Rock forward, replace, shuffle back, rock back, replace, shuffle forward (3 o'clock)

1,2,3&4 Rock forward on R, replace weight to L, step R back, L beside R, step R back
5,6,7&8 Rock back on L, replace weight to R, step L forward, step R beside L, step L forward

[17 – 24] Cross, point, cross, point, cross, point, cross, point (3 o'clock)

1,2,3,4 Cross R in front of L, point L to left side, cross L in front of R, point R to right side
5,6,7,8 Cross R in front of L, point L to left side, cross L in front of R, point R to right side

[25 – 32] Pivot half, shuffle forward, rock, replace, coaster step* (9 o'clock)

1,2,3&4 Step R forward, pivot 180° left replacing weight to L, step R forward, step L beside R, step R forward
5,6,7&8 Rock forward on R, replace weight to L, step L back, step R beside L, step L forward

[33 – 40] side rock cross shuffle, ¼, ¼, cross shuffle (3 o'clock)

1,2,3&4 Rock R to right side, replace weight to L, cross R over L, step L to left side, cross R over L
5,6,7&8 Turning 90° right step L back, turning 90° right step R to side, cross R over L, step L to left side, cross R over L

[41 – 48] Side rock, cross shuffle, ¼, ¼, cross shuffle (9 o'clock)

1,2,3&4 Rock R to right side, replace weight to L, cross R over L, step L to left side, cross R over L
5,6,7&8 Turning 90° right step L back, turning 90° right step R to side, cross R over L, step L to left side, cross R over L

[33 – 40] Diagonal step, tap, diagonal step, tap, out, out, in, in, out, out, in, in (9 o'clock)

1,2,3,4 Step R forward diagonally 45° right, tap L beside R, step L forward diagonally 45° left, tap R beside L
5&6&7&8 Step R to right side, step L to left side, step R to centre, step L to centre, step R to right side, step L to left side, step R to centre, step L to centre

[41 – 48] Rock, replace, back, lock, back, touch, unwind, back, lock, back (9 o'clock)

1,2,3&4 Rock R forward, replace weight to L, step R back, lock/cross L over R, step back on R
5,6,7&8 Touch L back, turning 180° left replace weight to R, step L back, lock/cross R over L, step back on L

REPEAT

Restart/Tag: Wall 3 dance up to count 32* and add 4 hip bumps then restart

1,2,3,4 push R hip to right side, push L hip to Left side, push R hip to right side, push L hip to left side

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