Gotta Work For It

拍数: 32

级数: High Beginner

编舞者: Liz Atkinson (USA) - August 2020 音乐: Work for It - Daphne Willis & LÒNIS

#32 count introduction

S1: (R) SIDE, TGTHR, SIDE, TGTHR, SIDE, TOUCH, (L) SIDE, TGTHR, SIDE, TGTHR, SIDE, TOUCH 1, 2 Step RF to R side, step LF beside RF	
3 & 4 &	Step RF to R side, step LF beside RF, step RF to R side, touch LF beside RF
5, 6	Step LF to L side, step RF beside LF
7 & 8 &	Step LF to L side, step RF beside LF, step LF to L side, touch RF beside LF (12:00)
*Restart here	
S2: BK LUNGE, COLLECT, BK LUNGE, COLLECT, TRAVELING TWISTS R, TRAVELING TWISTS L	
1, 2	Place RF back keeping weight on LF & bending L knee slightly, collect RF beside LF
3, 4	Place LF back keeping weight on RF & bending R knee slightly, collect LF beside RF
5&6	With weight on both balls twist both heels to R, weight both heels and twist both toes to R, weight both balls and twist heels to R
7 & 8	With weight on both balls twist both heels to L, weight both heels and twist both toes to L, weight both balls and twist heels to L (12:00)
S3: SYNCOPATED K-STEP TURNING 1/4L, BRUSH, STEP, KICK, COASTER STEP	
1&2&	Step RF diagonal fwd, touch LF beside RF, step LF diagonal bk, touch RF beside LF
3 & 4 &	Step RF diagonal bk, touch LF beside RF, turning 1/4 L (9:00) step LF fwd, brush RF
5, 6	Step RF fwd, kick LF fwd
7 & 8	Step LF bk, step RF beside LF, step LF fwd (9:00)
S4: STEP, 1/2 PIVOT L, STEP-LOCK-STEP, STEP, 1/2 PIVOT R, STEP-LOCK-STEP	
12	Step RE fwd, pivot 1/2L (3:00)

- 1, 2 Step RF fwd, pivot 1/2L (3:00)
- 3 & 4 Step RF fwd, lock LF behind RF, step RF fwd
- 5, 6 Step LF fwd, pivot 1/2R (9:00)
- 7 & 8 Step LF fwd, lock RF behind LF, step LF fwd (9:00)

RESTART When starting wall 3 (6:00) dance first 8 counts and start again

ENDING Wall 7, end of S3 (coaster step 3:00) turn 1/4L and step RF to R (12:00)

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墙数:4