

# Workin' Out

**COPPER KNOB**  
STEPSHEETS

拍数: 32      墙数: 4      级数: Beginner  
编舞者: Jean-Louis Chevalier (CAN), Rob Fowler (ES) & I.C.E. (ES) - June 2021  
音乐: Workin' Out - Lindsay Ell : (Album: Make It Up As We Go)



**Intro: 24 counts (approx. 13 secs) - Start on vocals - No Restarts or Tags**

**S1: Walk, Walk, Stomp, Heel Bounce, Walk, Walk, Stomp, Heel Bounce**

1-2            Step RF forward, Step LF forward  
3&4           RF Stomp (without weight), RF Raise Heel, RF Drop Heel down (with weight)  
5-6           Step LF forward, Step RF forward  
7&8           LF Stomp (without weight), LF Raise Heel, LF Drop Heel down (with weight)

**S2: Rock Step, Shuffle, Back, Back, Coaster Step**

1-2            Rock RF forward, Recover on LF  
3&4           Step RF back, Step LF beside RF, Step RF back  
5-6           Step LF back, Step RF back  
7&8           Step LF back, Step RF beside RF, Step LF forward

**S3: Rock Step, Weave, Heel Dig + Clap, Heel Dig + Clap**

1-2            Step RF to right side, Recover on LF  
3-6            Cross RF over LF, Step LF to left, Cross RF behind LF, Step LF to left  
7-8            RF Heel Dig to Right Diagonal with Clap, RF Heel Dig to Right Diagonal with Clap

**S4: Grapevine 1/4 R, Step, Kick Ball Change, Kick Ball Change**

1-4            Step RF to right, Cross LF behind RF, Step RF to right side ¼ turn right, Step LF forward  
                 3:00  
5&6           RF Kick Fwd, RF ball beside LF, LF in place (with weight)  
7&8           RF Kick Fwd, RF ball beside LF, LF in place (with weight)

**Start Over!**

**Note to dance instructors: There should have been 2 restarts but to maintain the dance at beginner level, the choreography has been structured to dance through the restarts.**

**The instructor can choose to omit the turn in section 4 and teach the dance as a one wall dance.**

**Please contact me at [chevalierca@hotmail.com](mailto:chevalierca@hotmail.com) if you have any questions or comments.**