

Work It

拍数: 32 墙数: 4 级数: Improver
编舞者: Nena Moerina (INA) & Roosamekto Mamek (INA) - June 2022
音乐: Work It - Missy Elliott



Intro: 32 count (Start on vocal "Is it worth it"). Use the song only 4:00 minutes, until the words "I like the way you work that"

S1. KICK BALL TOUCH, CROSS SHUFFLE, SYNCOPATED MONTEREY, CHEST MOVEMENTS

1&2 Kick R forward – Step R together – Touch L to side (12:00)
3&4 Cross L over R – Step R to side – Cross L over R
5&6& Touch R to side – Step R together – Touch L to side – Step L together
7&8 Touch R to side – Pump chest back and forward – Pump chest back and forward (12:00)

S2. COASTER STEP TURN 1/4 RIGHT, SIDE MAMBO

1&2 Turn ¼ right cross R behind L – Step L together – Step R forward (3:00)
3&4 Rock L to side – Recover on R – Step L together
5&6 Rock R to side – Recover on L – Step R together
7&8 Rock L to side – Recover on R – Step L together (3:00)

Note : When doing 5&6 and 7&8 make a chest or shoulder movements and add your own arms style

S3. CROSS, TOGETHER, SIDE, TOGETHER, CROSS, TOUCH, SAILOR STEP, MODIFIED KICK BALL TOUCH

1&2& Cross R over L – Step L together – Step R to side – Step L together (3:00)
3-4 Cross R over L – Touch L to side
5&6 Cross L behind R – Step R to side – Step L to side
7&8 Kick R cross over L (low kick) – Step R to side – Touch L together (3:00)

S4. SIDE, TOGETHER, CROSS, TOGETHER, DIAGONAL FORWARD, TOGETHER, FORWARD, CHASSE TURN 1/2 LEFT, RUN FORWARD L-R-L

1&2& Step L to side – Step R together – Cross L over R slightly forward – Step R together (3:00)
3&4 Step L diagonal forward – Step R together – Step L forward slightly cross over R
5&6 Step R forward – Turn ½ left weight on L – Step R forward (9:00)
7&8 Step L forward – Step R forward – Step L forward (9:00)

Note : When doing 1&2&3 are moving forward, and when doing 7&8 bend knees

REPEAT

TAG : End of wall 4

FREE STYLE

1-8 Make Your Own Free Style Movements and Have Fun !

For more info about step sheet & song, please contact:

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