

Let Me Work

拍数: 64 墙数: 2 级数: Intermediate
编舞者: Chantal Brick (FR) - March 2024
音乐: Doctor (Work It Out) - Pharrell Williams & Miley Cyrus



Intro : 4 counts
No tag, no restart

[1-8] STEP TURN 1/2T, 1/4T CHASSE, CROSS, STEP, SAILOR 1/4T

1-2,3&4 Step R fwd, ½ turn L, turn ¼ L as you do shuffle R to the R (3 :00)
5,6 Cross L over R, step R to R side
7&8 Turn 1/8 L as you cross LF behind R (1 :30), 1/8t to the L with RF to the R, step L fdw (12 :00)

[9-16] STEP TURN ¼ T, KICK BALL STEP, ½ CIRCLE WITH STEP STEP AND SHUFFLE

1-2,3&4 Step R fwd, ¼ turn L, kick R, step R beside L, step L fwd (9 :00)
5-6 1/8 turn L stepping R fwd, 1/8 turn L stepping L fwd
7&8 Continue the ½ turn L with shuffle : step R fwd, step L beside R, step R fwd (3 :00)

[17- 24] STEP, CROSS BEHIND, STEP, HEEL, RECOVER, CROSS OVER, STEP, CROSS BEHIND, 1/4T STEP, STEP TURN 1/2T

1-2& Step L to the L, cross R behind L, quickly step L to L side
3&4 R Heel to R diagonal, recover RF near LF, cross L over R
5-6& Step R to the R, cross L behind R, ¼ turn R with RF fwd (6 :00)
7-8 Step L fwd, ½ turn R (12 :00)

[25-32] SIDE SHUFFLE, BACK ROCK, ROLLIN VINE

1&2 Step L to L side, step R beside L, step L to L side
3-4 Rock R back, recover weight fwd onto L
5-8 ¼ turn R stepping R fwd, ½ turn R stepping L back, ¼ turn R stepping R to R side, touch L beside R (12 :00)

[33-40] KICK BALL POINT (2), CROSS BACK STEP CROSS BACK

1&2 Kick L, step L beside R, point R to R side
3&4 Kick R, step R beside L, point L to L side
5-6 Cross L over R, step R back
&7-8 Step L to L side, cross R over L , step L back

[41-48] MONTEREY TURN ½, POINT, ¼ T, ¾ T, STEP, RECOVER

1-2,3&4 Point RF to R, ½ turn R step R beside L, point L to L, step L beside R, point R to R (6 :00)
5-8 ¼ turn R stepping R fwd, ¾ turn recover L beside R, step R to R side, recover L beside R

[49-56] HEEL AND HEEL, STEP TURN 1/2t, 1/4T STEP TOUCH, 1/4T STEP TOUCH

1&2& Heel R fwd, recover R beside L, heel L fwd, recover L beside R
3-4 Step R fwd, ½ turn L (12 :00)
5-6 ¼ turn L stepping R to R side, touch L beside R
7-8 ¼ turn L stepping L to L side, touch R beside L

[57-64] 1/4T STEP TOUCH, 1/4T STEP TOUCH, OUT OUT IN CROSS, ½ T RIGHT

1-2 ¼ turn L stepping R to R side, touch L beside R
3-4 ¼ turn L stepping L to L side, touch R beside L
&5&6 Step R out to R diagonal, step L out to L diagonal, step R back to centre, cross L over R
7-8 Unwind ½ turn R bouncing heels (6 :00)

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