

Work It Out

COPPERKNOB
BY STEPHANIE

拍数: 32 墙数: 4 级数: Beginner
编舞者: Magali Chabret Erhard (FR) - March 2024
音乐: Doctor (Work It Out) - Pharrell Williams & Miley Cyrus



#4 counts intro

S1 – WALK FORWARD R/L/R, KICK L, L DIAG BACK, TOUCH & CLAP, R DIAG BACK, TOUCH & CLAP

1-2 Step Rf forward – step Lf forward
3-4 Step Rf forward – Kick Lf forward
5-6 Step Lf diagonally back – touch Rf next to Lf with clap hands
7-8 Step Rf diagonally back – touch Lf next to Rf with clap hands

S2 – L GRAPEVINE, TOUCH, R GRAPEVINE, TOUCH

1-2-3 Step Lf to L side – step Rf behind Lf – step Lf to L side
4 Touch Rf next to Lf
5-6-7 Step Rf to R side – step Lf behind Rf – step Rf to R side
8 Touch Lf next to Rf

S3 – L SIDE, TOUCH, POINT R SIDE, TOUCH, R SIDE, TOUCH, ¼ TURN L, TOUCH

1-2 Step Lf to L side – touch Rf next to Lf
3-4 Point R toes to R side – touch Rf next to Lf
5-6 Step Rf to R side – touch Lf next to Rf
7-8 Turn 1/4 L stepping Lf to L side – touch Rf next to Lf (9:00)

S4 – CHARLESTON STEP TWICE

1-2 Step Rf forward – Kick Lf forward
3-4 Step Lf back – point Rf back
5-6 Step Rf forward – Kick Lf forward
7-8 Step Lf back – point Rf back

No tag or restart.

« Croquez la vie à pleines danses ! » Magali Chabret - galicountry76@yahoo.fr
Fiche originale de la chorégraphe. Merci de ne pas modifier ces pas de quelque manière que ce soit.