

Work

拍数: 64 墙数: 2 级数: Intermediate
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音乐: Work - Lil Jon



Intro: 32 Counts, Start at approx 15 secs

SEC 1 Side, Back Rock, Shuffle, Step, ½ Pivot, ½ Shuffle

- 1 Step left to left
- 2-3 Rock right back, recover weight onto left
- 4&5 Step right forward, step left beside right, step right forward
- 6-7 Step left forward, pivot ½ right transferring weight on to right (6:00)
- 8&1 Turn ¼ right step left to left, step right beside left, turn ¼ right step left back (12:00)

SEC 2 ½ Step, Shuffle, Point Switches, Twist, ¼ Twist

- 2 Turn ½ right step right forward (6:00)
- 3&4 Step left forward, step right beside left, step left forward
- 5&6 Point right to right, step right beside left, point left to left
- 7-8 Twist both heels to right, turn ¼ right twist both heels to left (9:00)

SEC 3 Step, Hitch, Touch Back, ¼ Turn, ¼ Step, Hitch, Touch Back, ¼ Turn

- 1-2 Step right forward, hitch left knee
- 3-4 Touch left back, turn ¼ left transferring weight onto left (6:00)
- 5-6 Turn ¼ right step right forward, hitch left knee (9:00)
- 7-8 Touch left back, turn ¼ left transferring weight onto left (6:00)

SEC 4 Cross, Hold, ¼ Step, Hold, Rock, Recover, Sweep, Behind, Side, Touch

- 1-2 Cross right over left, hold
- 3-4 Turn ¼ right step left forward, hold (9:00)
- 5-6 Rock right forward, recover weight onto left sweeping right from front to back
- 7&8 Step right behind left, step left to left, touch right beside left

Restart Here on Wall 5, Turn ¼ right and step right to right to dance Tag 2 then restart

SEC 5 Side, Full Diamond

- 1 Step right to right
- 2&3 Cross left over right, step right to right, turn ⅛ left step left back (7:30)
- 4&5 Step right back, turn ⅛ left step left to left, turn ⅛ left step right forward (4:30)
- 6&7 Step left forward, turn ⅛ left step right to right, turn ⅛ left step left back (1:30)
- 8&1 Step right back, turn ⅛ left step left to left, turn ¼ left step right forward (9:00)

SEC 6 Step, Extended Shuffle, Flick, Step, ½ Pivot, ¼ Side, Cross

- 2 Step left forward
- 3&4 Step right forward, step left beside right, step right forward
- &5 Step left beside right, step right forward flicking left back
- 6-7 Step left forward, pivot ½ right transferring weight on to right (3:00)
- 8& Turn ¼ right step left to left, cross right over left (6:00)

SEC 7 Slow Hip Bump, Slow Hip Bump, Hip Bumps x4

- 1-2 Step left to left bumping hips left over 2 counts
- 3-4 Bump hips right over 2 counts
- 5-6 Bump hips left, bump hips right
- 7-8 Bump hips left, bump hips right

SEC 8 Touch, Ball Step, Kick Ball Point, ¼ Step, Step, ½ Pivot, ¼ Touch

- 1&2 Touch left beside right, step left to left, step right to right
 3&4 Turn ¼ right kick left forward, turn ¼ left step left to left, point right to right (6:00)
 5 Turn ¼ right step right forward (9:00)
 6-7 Step left forward, pivot ½ right transferring weight on to right (3:00)
 8 Turn ¼ right touch left beside right (6:00)

Tag 1 At the end of Wall 1**¼ Side, Hold, Hip Roll, ¼ Side, Hold, Hip Roll**

- 1-2 Turn ¼ right step left to left, hold (9:00)

Arms Wave arms left, wave arms right

- 3-4 Pop chest forward, pop chest forward
 5-6 Turn ¼ right step left to left, hold (12:00)

Arms Wave arms left, wave arms right

- 7-8 Pop chest forward, pop chest forward

¼ Side, Hold, Hip Roll, ¼ Side, Hold, Hip Roll

- 1-2 Turn ¼ right step left to left, hold (3:00)

Arms Throw both arms up, throw both arms down

- 3-4 Roll hips anticlockwise from left to right over 2 counts
 5-6 Turn ¼ right step left to left, hold (6:00)

Arms Throw both arms up, throw both arms down

- 7-8 Roll hips anticlockwise from left to right over 2 counts

Side Slide x4

- 1-2 Step left to left sliding right towards left over 2 counts
 3-4 Step right to right sliding left towards right over 2 counts
 5-6 Step left to left sliding right towards left over 2 counts
 7-8 Step right to right sliding left towards right, step left to left

Look Up, Look Down, Look Up, Look Down

- 1-2 Look up, hold
 3-4 Look down, hold
 5-6 Look up, hold
 7-8 Look down, hold

Tag 2 After 32 counts of Wall 5**Drum Arms**

- 1-8 Drum arms as fast as you can for 8 counts

Step Back diagonal, Ball Step, Step Back diagonal, Ball Step, ½ Jazzbox

- 1&2 Step right back to right diagonal, step left beside right, step right beside left
 3&4 Step left back to left diagonal, step right beside left, step left beside right
 5-6 Cross right over left, turn ¼ right step left back (9:00)
 7-8 Turn ¼ right step right forward, step left forward

Drum Arms

- 1-8 Step right to right and drum arms as fast as you can for 8 counts

Step Back diagonal, Ball Step, Step Back diagonal, Ball Step, ½ Jazzbox Touch

- 1&2 Step right back to right diagonal, step left beside right, step right beside left
 3&4 Step left back to left diagonal, step right beside left, step left beside right
 5-6 Cross right over left, turn ¼ right step left back (9:00)
 7-8 Turn ¼ right step right forward, touch left beside right

