

Work It!

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 4 级数: Intermediate
编舞者: Stephen Sunter (UK)
音乐: Work It Out - Beyoncé



BACK, CROSS, SIDE, BEHIND, SIDE, BACK CROSS, SIDE, BEHIND, ¼ TURN

- &1 Step left back, cross step right over left, (twist shoulders to right)
- 2-3-4 Step left-to-left side, right behind, left to left, (straightening shoulders to front)
- &5 Step right back, cross left over right, (twist shoulders to left)
- 6-7-8 Step right-to-right side, left behind, make ¼ right and step forward right, (straightening shoulders to front)

TURN ¾ TURN, SIDE, BEHIND, TURN ¼ LEFT, SIDE, BEHIND. FULL TURN, SIDE, DRAG ¼ TURN

- & Making a ¾ turn right step ball of left next to right
- 9 Cross step right over left
- 10-11-12 Step left to left, step right behind left, make ¼ turn left and step forward left
- &13 Step right to side, lock left behind right
- 14-15 Unwind full turn left, large step right to side
- 16 Drag left toward right and make a ¼ turn left

LEFT NEXT TO RIGHT, WALK FORWARD, HIP BUMPS

- &17 Step left next to right, large step forward right, (lean shoulders back)
- 18-19 Step forward left, step right slightly out to right side
- 20 Pop right knee in
- &21 Bump hips left, bump hips right
- 22-23-24 Bump hips left, bump hips right, bump hips left

WIGGLE, ¼ TURN, STEP ½ TURN, WALK BACK, CHANGE, WALK FORWARD

- &a25 Bump hips right, bump hips left, bump hips right making a ¼ turn left and pop left knee
- 26-27-28 Step forward left, make ½ turn left and step back on right, step back left
- &29 Step right next to left, large step forward left, (lean shoulders back)
- 30-31-32 Step forward right, step forward left, step right to right side

REPEAT
