

# Workin' It Out

拍数: 32      墙数: 4      级数: Intermediate  
编舞者: Marg Jones (CAN)  
音乐: Work It Out - Beyoncé



## STEP OUT, OUT, IN, IN, HEEL FAN

1-2      Step right diagonally right forward, step left diagonally left forward (feet about 15" apart)  
3&      Step right back to center, step left beside right  
4&      Fan heels out, in

## HITCH, HITCH, ROCK BACK, ROCK FORWARD, STEP

5&      Hitch right while hopping on left, twice  
6&      Rock back on right, recover on left  
7&      Rock forward on right, recover on left  
8      Step on right beside left

## STEP, HITCH, STEP, HITCH, COASTER BACK

9&      Step back on left, hitch right while hopping on left  
10&      Step back on right, hitch left while hopping on right  
11&12      Step back on left, step back on right, step forward on left

## POINT, HITCH, CROSS, POINT, HITCH, CROSS

13&14      Touch right toe to right, hitch right across front of left while hopping on left, step on right (legs are crossed)  
15&16      Touch left toe to left, hitch left across front of right while hopping on right, step on left (legs are crossed)

## ROCK FORWARD, ROCK BACK, ROCK FORWARD, STEP

17&      Rock forward on right, recover on left  
18&      Rock back on right, recover on left  
19&      Rock forward on right, recover on left  
20      Step right beside left

## JAZZ BOX TURNING ¼ LEFT WITH HITCH; JAZZ BOX

21&      Step left across right, step back on right (beginning ¼ turn left)  
22&      (Completing ¼ turn) step left to left, hop on left while hitching right  
23&24      Step right across left, step back on left, step right beside left

## KNEE KNOCKERS MOVING RIGHT; TOES, HEELS, TOES, HEELS, TOES

**Next 4 counts are done moving to right**

25      Toes together, heels out  
26      Heels together, toes out  
27      Toes together, heels out  
&      Heels together, toes out  
28      Toes together, heels out

## TOUCH RIGHT & LEFT & FRONT & STEP

29&30&      Touch right toe to right, step right beside left, touch left toe to left, step left beside right  
31&32      Touch right heel to front, step right beside left, step forward on left

**REPEAT**

