

Workin' It Out

COPPER KNOB
STEPSHEETS

拍数: 56 墙数: 4 级数: Improver east coast swing
编舞者: Ray Garvin (USA) & Gail Garvin (USA)
音乐: We Work It Out - Joni Harms



CROSS TOUCHES, STEP SLIDES, STEP SCUFF ON RIGHT & LEFT

1-4 Left heel forward, left toe touch across right, left heel forward, touch left toe back
5-8 Step left forward, slide right up to left, step left forward, scuff right forward

9-16 Repeat 1-8 above on opposite foot starting with right

BOX ¼ TURN, STEP SLIDE, ¼ TURN, SCUFF, ROCK STEPS

17-20 Step forward left, cross right over left, as you step back left make ¼ turn right, step in place right
21-24 Step forward left, slide right up to left, step forward left making ¼ turn left, scuff right forward
25-28 Rock forward on right, back on left, back on right, forward on left

BOX ¼ TURN, STEP SLIDE, STEP SCUFF, ROCK STEPS

29-32 Step forward right, cross left over right, as you step back right make ¼ turn left, step in place left
33-36 Step forward right, slide left up to right, step forward right, scuff left
37-40 Rock forward on left, back on right, back on left, forward on right

STRUTS LEFT AND RIGHT

41-48 Step forward on left heel, bring toe down, repeat on right, left, right

LEFT KICK BALL STEP FORWARD 2 TIMES, WALK FORWARD 4 STEPS

49&50 Kick left forward, step on left, step forward right
51&52 Kick left forward, step on left, step forward right
53-56 Walk forward left, right, left, right

REPEAT
