

Work It

拍数: 32 墙数: 4 级数: Intermediate
编舞者: M.T. Groove (UK) - December 2008
音乐: Work - Kelly Rowlands



Start on vocals – 2 easy restarts *

BALL ROCK RECOVER, BALL CROSS, STEP BACK, SIDE TOUCH, ¼ STEP, ¾ SPIN.

&1-2 Step on ball of R, Rock L to L side, Recover R. Pop shoulders L,R as you rock recover.
&3-4 Step on L, Cross R over L, Step back on L (stick out your butt a little).
5-6 Step R to R side, Touch L next to R.
7-8 Make ¼ turn L step on L, Spin ¾ turn L bring feet together. Weight R (12.00).

* restart here during wall 4 facing 3 o'clock. Drop the & count and start from count 1.

OUT OUT LOOK, HIP CIRCLE, DIP X2 STRAIGHTEN, WALK BACK R,L.

&1-2 Step out L, R, (&1), Sharp look R.
3-4 Circle hips a full circle anti-clockwise (your head is still looking R).
& (With feet still apart from count &1) dip/bend knees.
5 Dip/bend knees again going a little further down.
6 Straighten up bringing L foot to R and return your head to centre.(weight L).
7-8 Step back R pop L knee forward, Step back L pop R knee forward.

*restart here during wall 9 facing 3 o'clock.

Arm movement for count 7- 8 extend L arm forward & towards R diagonal at shoulder height palm face down(7),move it across to L diagonal(8)

Your R hand rests on top of R leg(groin) during these 2 counts.....you know the style!!!

SWEEP BEHIND ¼ STEP TOGETHER, BOX ARMS, BALL STEP ¼ PIVOT, RUN L,R,L.

1&2 Sweep R behind L, Make ¼ turn L step forward L, Step R next to L. (9.00)
& Bring arms up bent at elbows, fist clenched, chest height L on top of R (&)
3 Keep arms as they are and move arms slightly to L(3)
&4 Now move arms slightly down (&) Now move arms back to centre (4)

(you've almost completed a box shape).

&5-6 Step on ball of L, Step forward R, Pivot ¼ turn L bring L to R (weight R).
7&8 Run L, R, L. (6.00).

LEG SWING ¼ TURN CROSS, ¼ ½ STEP, HITCH R SAILOR ¾ CROSS, BACK TOGETHER SIDE.

1 Raise up on ball of L as you swing a straight R leg around ¼ turn L.
2 Cross R over L.
3&4 ¼ turn R, step back on L, ½ turn R step forward R, Step forward L.
&5&6 Hitch R(&) Sailor ¾ sailor turn R step R,L,R. finish with R crossed over L (9.00).
7&8 Step back L,Step R next to L, Step L to L side. (9.00).

Note: during section 3, counts &3&4 there is no footwork just armology!!!

Start over & enjoy