

Work It Out

拍数: 64 墙数: 2 级数: Intermediate
编舞者: Nathan Gardiner (SCO) - December 2013
音乐: Work Bitch by Britney Spears



Intro: 32 count intro

S1: ROCK RECOVER, BEHIND SIDE CROSS, ROCK RECOVER SAILOR 1/4 TURN LEFT

1-2 rock out to right side, recover on left
3&4 step right behind left, step left to left side, cross step right over left
5-6 rock out on left, recover on right
7&8 1/4 left stepping back on left, step right to right side, step left to left side

S2: ROCKING CHAIR, SHUFFLE FORWARD, ROCK RECOVER

1-4 rock forward right, recover on left, rock back on right, recover on left
5&6 step forward on right, step left next to right, step forward on right
7-8 rock forward on left, recover on right

S3: FULL TURN BACKWARDS, ROCK RECOVER, KICK BALL POINT, KICK BALL POINT

1-2 1/2 turn left stepping forward on left, 1/2 turn left stepping back on right

Option: walk back left, right

3-4 rock back on left, recover on right
5&6 kick left foot forward, step left next to right, point right toe out
7&8 kick right foot forward, step right next to left, point left toe out

S4: CROSS ROCK RECOVER, CHASSE LEFT, JAZZ BOX CROSS

1-2 cross rock left over right, recover on right
3&4 step left to left side, step right next to left, step left to left side
5-8 cross step right over left, step back on left, step right to right side, cross step left over right

S5: 1/2 MONTEREY X2

1-4 point right toe out, step right next to left, 1/2 turn right pointing left toe out, step left next to right
5-8 point right toe out, step right next to left, 1/2 turn right pointing left toe out, touch left next to right

S6: CHASSE LEFT, ROCK RECOVER, POINT, HOLD, POINT, HOLD

1&2 step left to left side, step right next to left, step left to left side
3-4 rock back on right, recover on left
5-6& point right toe out, hold, step right next to left
7-8& point left toe out, hold, step left next to right

S7: HEEL SWITCHES RIGHT & LEFT, ROCKING CHAIR, STEP PIVOT 1/4 LEFT

1&2& touch right heel forward, step right next to left, touch left heel forward, step left next to right
3-6 rock forward on right, recover on left, rock back on right, recover on left
7-8 step forward on right, pivot 1/4 turn left

S8: JAZZ BOX CROSS, STEP TOUCH, STEP TOUCH

1-4 cross step right over left, step back on left, step right to right side, cross step left over right
5-8 step right to right side, touch left next to right, step left to left side, touch right next to left

Ending: During wall 7 dance up to count 56 step pivot half left.

Start Again.....Happy Dancing

Contact: nathan.gardiner1998@hotmail.co.uk

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