

# Werk!

**COPPER KNOB**  
STEPSHETS

拍數: 32      牆數: 2      級數: Phrased Intermediate  
編舞者: Ra'Chel Fowler (USA) - September 2014  
音樂: Work It (Ian Munro Remix) - Missy Elliott



Pattern: AA, BB

## PART A - 16 counts

**SHA'RON, TWO STEPS, ¼ TURN LEFT, SHARON, TWO STEPS, TAP, WALK BACK, COASTER, ½ TURN LEFT**

1-2&      Step up right, followed with left behind right, step right  
3-4      Step up with right foot followed by left  
5-6&      ¼ turn left – step left, step right behind left, step left  
7-8      step up with left foot followed by right

1-2      Tap up with right foot, step back with right foot  
3-4&      Step back with left, right coaster (hop back on right foot, tap left)  
5-6      Tap right foot out, recover  
7-8      Place left foot behind right ½ turn left

## REPEAT

## PART B - 16 counts

**MR. QUICK ½ TURN RIGHT, STEP UP, SLIDE BACK FULL TURN LEFT**

1-2      Step up with right foot, lift right leg  
3-4      Move right foot forward in slow motion  
&5-6      Tap left foot down, tap right foot out (say "And WERK), recover right  
7-8      Place left foot behind right ½ turn left

1-2      Step up with right foot followed by left  
3-4      freestyle  
5-6      freestyle  
7-8      Place left foot behind right ½ turn left

## START OVER

Contact: [d2bd247@gmail.com](mailto:d2bd247@gmail.com)