

# Work This Body

COPPER KNOB  
BY STEPHEN

拍數: 32      牆數: 4      級數: High Improver  
編舞者: Hayley Wheatley (UK) - March 2016  
音樂: Work This Body - WALK THE MOON : (Album: Talking Is Hard)



Intro:- 16 Counts (Start on vocals)

Restart: On Wall 4 facing 6:00

Tag: At the end of wall 10

## SIDE STEP, TOUCH, COASTER STEP, ROCK FORWARD, RECOVER, SHUFFLE ½ TURN RIGHT

1-2            Step right foot to right side, Touch left foot next to right  
3&4           Step back on left foot, step right foot next to left, step forward on left foot  
5-6           Rock forward onto right foot, recover onto left  
7&8           Shuffle ½ turn right stepping R, L, R (6:00)

## HEEL SWITCHES, DOUBLE KNEE POP, HEEL SWITCHES, DOUBLE KNEE POP (or Hip Rolls)

1&2&          Tap left heel forward, step back onto left foot, tap right heel forward, step right foot to right side  
3-4           Bring Both knees inward to meet eachother, bring both knees apart  
5&6&          Tap left heel forward, step back onto left foot, tap right heel forward, step right foot to right side  
7-8           Bring Both knees inward to meet eachother, bring both knees apart

**Harder alternative (2 double pops): Bring knees together and apart twice**

**NB: If the knee pops don't feel natural, they can be replaced with hip rolls circling CCW (or hip bumps)**

## CROSS STEP, STEP BACK, STEP ¼ TURN, DRAG, ROCKING CHAIR

1-2            Cross left foot over right, step back on right foot,  
3-4            Making ¼ turn left step left foot to left side, drag right foot to touch beside left  
**Restart here during wall 4**  
5-6            Rock back onto right foot, recover onto left  
7-8            Rock forward onto right foot, recover onto left (3:00)

## STEP BACK RIGHT, TOUCH LEFT TOE BACK, LOOK BACK, SHUFFLE HALF, CROSS STEP, STEP BACK

1-2            Step back on right foot, touch left toe behind  
3-4            Open body to left and look 1/4 turn left keeping weight on ball of right foot, close body back to 3:00 (weight on right)  
5&6           Shuffle ½ turn left stepping L,R,L  
7-8            Cross right foot over left, step back on left foot (9:00)

**Tag: At the end of wall 10 the music fades into a "fake ending". During music break perform the following:**

1-            Cross Right foot over left  
2-4          Unwind ½ turn left over 3 counts Restart the dance again facing 6:00

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