

# Work That Body (Show Me What You Got)

**COPPER** KNOB  
STEPSHEETS

拍數: 32                      牆數: 4                      級數: High Improver  
編舞者: Adrian Churm (UK) - March 2016  
音樂: Work This Body - WALK THE MOON



## Sec 1: Walk forward, shuffle forward, rock step, coaster step

1 – 2                      Walk forward right, left.  
3&4                      Shuffle forward R,L,R  
5 – 6                      Rock forward with left foot, recover back onto right.  
7&8                      Making a slight turn left, step left foot back, close right to left, step left foot forward.

## Sec 2: Weave left, point to side, across, side, sailor turn ¼ left

1 – 2                      Step right foot across left, step left foot to the side,  
3 – 4                      step right behind left, point left out to the side, (angle body to right).  
5 – 6                      step left foot across right, step right foot to the side.  
7&8                      Making a ¼ turn left as you step left behind right, right foot to the side, step left foot forward.

## Sec 3: Body wind ½ right ( or paddle turns), forward rock, ½ turn shuffle

1 – 2                      Small step forward with right, make a ¼ turn left as you roll hips back & around to right (or paddle turn left).  
3 – 4                      Small step forward with right, make a ¼ turn left as you roll hips back & around to right (or paddle turn left).

### Restart here on wall 4 only facing 12 o'clock

5 – 6                      Rock forward onto right, recover back onto left (prepare to turn right)  
7&8                      Shuffle a ½ turn around to the right R.L.R

## Sec 4: Full turn right, shuffle forward, pivot ½ turn, kick, heel jack.

1 – 2                      ½ turn right ( left ends foot back), ½ turn right (right foot ends forwards) easy option walk forward.  
3&4                      Shuffle forwards L,R,L  
5 – 6                      Step right foot forward, make a ½ turn left (weight ends on left)  
7&8                      Kick right forward, step right back, touch left heel forward.  
&                              Close left foot next to right

### Restarts & Tags

Wall 4 when facing 12 o'clock

Restart: after count 4 of section 3

### Tag: End of wall 10 when music stops do as follows (facing 6 o'clock)

1 – 2                      Step right foot forward and out to the side, step left foot forward and out to the side.  
3 – 4                      Step right foot back in place, step left foot next to right.

Contact: email - [danceade@hotmail.co.uk](mailto:danceade@hotmail.co.uk)