

Workin' Out

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 4 級數: Beginner
編舞者: Jean-Louis Chevalier (CAN), Rob Fowler (ES) & I.C.E. (ES) - June 2021
音樂: Workin' Out - Lindsay Ell : (Album: Make It Up As We Go)



Intro: 24 counts (approx. 13 secs) - Start on vocals - No Restarts or Tags

S1: Walk, Walk, Stomp, Heel Bounce, Walk, Walk, Stomp, Heel Bounce

1-2 Step RF forward, Step LF forward
3&4 RF Stomp (without weight), RF Raise Heel, RF Drop Heel down (with weight)
5-6 Step LF forward, Step RF forward
7&8 LF Stomp (without weight), LF Raise Heel, LF Drop Heel down (with weight)

S2: Rock Step, Shuffle, Back, Back, Coaster Step

1-2 Rock RF forward, Recover on LF
3&4 Step RF back, Step LF beside RF, Step RF back
5-6 Step LF back, Step RF back
7&8 Step LF back, Step RF beside RF, Step LF forward

S3: Rock Step, Weave, Heel Dig + Clap, Heel Dig + Clap

1-2 Step RF to right side, Recover on LF
3-6 Cross RF over LF, Step LF to left, Cross RF behind LF, Step LF to left
7-8 RF Heel Dig to Right Diagonal with Clap, RF Heel Dig to Right Diagonal with Clap

S4: Grapevine 1/4 R, Step, Kick Ball Change, Kick Ball Change

1-4 Step RF to right, Cross LF behind RF, Step RF to right side ¼ turn right, Step LF forward
 3:00
5&6 RF Kick Fwd, RF ball beside LF, LF in place (with weight)
7&8 RF Kick Fwd, RF ball beside LF, LF in place (with weight)

Start Over!

Note to dance instructors: There should have been 2 restarts but to maintain the dance at beginner level, the choreography has been structured to dance through the restarts.

The instructor can choose to omit the turn in section 4 and teach the dance as a one wall dance.

Please contact me at chevalierca@hotmail.com if you have any questions or comments.