

Work It!

拍數: 64 牆數: 2 級數: Phrased Beginner
編舞者: Hope (ES) - October 2021
音樂: Let Me Move You - Sabrina Carpenter



Sequence: A, tag, B, B, A, tag, B, B, A.

PART A (32 counts) 1 Wall.

[1 - 8]: walk x2, shuffle, paddel turn x2, sweetches x. (12h)

1. Step R forward.
2. Step L forward.
3. Step R forward.
- &. Cross L behind R.
4. Step R forward.
5. Point L to L side.
- &. Recover.
6. Turn 1/4 R stepping R fwd, Point L to L side.
- &. recover
7. Turn 1/4 L stepping R fwd, Point R to R side.
- &. Recover.
8. Point L to L side.

[9 - 16]: Syncopated Vine (optional body role), kick and step x2 (9h)

1. Step L to L.
2. Touch R next to L.
3. Step L to L.
4. Touch L next to R, turning 1/4 to L.
5. Kick R forward.
- &. Recover.
6. Step L forward.
7. Kick R forward.
- &. Recover.
8. Step L forward.

[17 - 24]: Drag to the R turning 1/4 to the L, cross L behind L, snap R fingers to the R, rock, sailor (3h).

1. Drag to R turning 1/4 to L.
2. Hold.
- &. Step L next to R.
3. Cross R over L.
4. Snap R fingers to the R.
5. Rock L to L.
6. Recover.
7. Cross L behind L.
- &. Step R forward turning 1/4 to L.
8. Step L forward.

[25 - 32]: Dorothy x2, rock foward, walk (x2) turning 3/4 to the right (12h).

1. Step R forward to R diagonal.
- &. Cross L behind R.
2. Step R forward to R diagonal.
3. Step L forward to L diagonal.
- &. Cross R behind L.

4. Step L forward to L diagonal.
5. Rock R forward.
6. Recover.
7. Step R back turning 1/2 to R.
8. Step L back turning 1/4 to R.

PART B (32 counts) 2 walls.

[1 - 8]: Kick & point (x2), half jack square and shuffle turning 1/4 to R. (3h)

1. Kick R forward.
- &. Recover.
2. Point L to L.
3. Kick L forward.
- &. Recover.
4. Point R to R.
5. Cross L over R.
6. Step L back.
7. Step R to R, turning 1/4 to right.
- &. Step L next to R.
8. Step R to R.

[9 - 16]. Rock with L to R (x2), coss, point, paddel turn (x2) (9h)

1. Cross L over R with heel.
- &. Recover.
2. Point L to L.
3. Cross L over R with heel.
- &. Recover.
4. Point L to L.
5. Cross L behind R.
6. Point R to R.
- &. Recover.
7. Point R to R turning 1/4 to R.
- &. Recover.
8. Point R to R turning 1/4 to R.

[17 - 24]. Paddel turn, snap, recover, V, coustor step. (9h).

- &. Recover.
1. Point R to R turning 1/4 to R.
2. Snap R fingers looking back.
3. Recover turning 1/4 to L.
4. Point R next to L.
5. Step R heel forward to R diagonal.
- &. Step L heel forward to L diagonal.
6. Step R back.
7. Step L back.
- &. Step R back.
8. Step R forward.

[25 - 32]. Turn 1/4 L (x2), half diamond step (6h).

1. Step R forward.
2. Recover and turn 1/4 to L.
3. Step R forward.
4. Recover and turn 1/4 to L.
5. Cross R over L.
- &. Step L to L.

6. Step R back turning 1/8.
7. Cross L over R.
- &. Step R to R.
8. Step L back turning 1/8.

TAG

[1 - 8]: Step and point (x3), cross L over R (12h).

1. Step R forward.
2. Point L to L.
3. Step L forward.
4. Point R to R.
5. Step R forward.
6. Point L to L.
7. Cross L over R.
8. Hold.

[9 - 16]: Step, cross & hold (x3), walk (x4), jump (12h).

- &. Step R to R.
1. Cross L over R.
2. Hold.
- &. Step R to R.
3. Cross L over R.
4. Hold.
- &. Step R forward turning 1/4 to R.
5. Step L forward turning 1/4 to R.
6. Step R forward turning 1/4 to R.
7. Step L forward turning 1/4 to R.
8. Jump with both feet together.

ENJOY!

Hope you like!

Last Update - 7 Mar 2022
