

# Work It Out

**COPPERKNOB**  
BY STEPHANIE

拍數: 32      牆數: 4      級數: Beginner  
編舞者: Magali CHABRET (FR) - March 2024  
音樂: Doctor (Work It Out) - Pharrell Williams & Miley Cyrus



## #4 counts intro

### S1 – WALK FORWARD R/L/R, KICK L, L DIAG BACK, TOUCH & CLAP, R DIAG BACK, TOUCH & CLAP

1-2            Step Rf forward – step Lf forward  
3-4            Step Rf forward – Kick Lf forward  
5-6            Step Lf diagonally back – touch Rf next to Lf with clap hands  
7-8            Step Rf diagonally back – touch Lf next to Rf with clap hands

### S2 – L GRAPEVINE, TOUCH, R GRAPEVINE, TOUCH

1-2-3          Step Lf to L side – step Rf behind Lf – step Lf to L side  
4              Touch Rf next to Lf  
5-6-7          Step Rf to R side – step Lf behind Rf – step Rf to R side  
8              Touch Lf next to Rf

### S3 – L SIDE, TOUCH, POINT R SIDE, TOUCH, R SIDE, TOUCH, ¼ TURN L, TOUCH

1-2            Step Lf to L side – touch Rf next to Lf  
3-4            Point R toes to R side – touch Rf next to Lf  
5-6            Step Rf to R side – touch Lf next to Rf  
7-8            Turn 1/4 L stepping Lf to L side – touch Rf next to Lf (9:00)

### S4 – CHARLESTON STEP TWICE

1-2            Step Rf forward – Kick Lf forward  
3-4            Step Lf back – point Rf back  
5-6            Step Rf forward – Kick Lf forward  
7-8            Step Lf back – point Rf back

No tag or restart.

« Croquez la vie à pleines danses ! » Magali Chabret - [galicountry76@yahoo.fr](mailto:galicountry76@yahoo.fr)  
Fiche originale de la chorégraphe. Merci de ne pas modifier ces pas de quelque manière que ce soit.