

Watch Me Work

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Alison Metelnick (UK) & Peter Metelnick (UK) - August 2024
音樂: Watch Me Work - Andrew Rannells & Brianna Mazzola : (Amazon)



****2 restarts**

Start after 16 count intro on verse vocals – approx.: 8.5secs – 2mins 30secs – 120bpm

[1-8] R fwd pushing R hip, L back pushing L hip, R right back/recover, R fwd, ½ L hitch L, L scissor step

1-2 Push R hip forward, push L hip back
3-4 Rock R back, recover weight on L
5-6 R forward, turning ½ L hitch L knee up (6 o'clock)
7&8 Step L side, step R together, cross step L over R

WALL 9 RESTART: During wall 9 which starts on back wall dance first 8 counts which takes you to FRONT WALL and restart the dance

[9-16] R side, hold, L together, R side, L touch together, L ball cross, L side, R behind, ¼ L step L forward

1-2& Step R side, hold, step L together
3-4 Step R side, touch L together
&5-6 Step L back, cross step R over L, step L side
7-8 R behind L, ¼ L step L forward (3 o'clock)

WALL 4 RESTART: During wall 4 which starts on R side wall dance first 16 counts which takes you to BACK WALL and restart the dance

[17-24] R forward, hold, ¼ R, L side rock/recover, L forward, R jazz ball cross stepping R forward

1-2 Step R forward, hold
&3-4 Turning ¼ right rock L side, recover weight on R, step L forward (6 o'clock)
5-6 Cross step R over L, step L back
&7-8 Step R side, step L forward, step R forward

[25-32] L forward, R forward, ½ L pivot turn, R forward, ¼ L pivot turn, R forward mambo step, L back

1-3 Step L forward, step R forward, pivot ½ left (12 o'clock) (You can hip push to the right as you execute the pivot)
4-5 Step R forward, pivot ¼ left (9 o'clock) (You can hip push to the right as you execute the pivot)
6&7 Rock R forward, recover weight on L, step R back
8 Step L back (or together)

WALL 10 ENDING: During wall 10 which starts facing front wall dance first 29 counts as written, then do the R forward mambo with a ¼ R turn stepping R to right side to face front wall, step L to left side, HOLD.

Your work is done! Enjoy.