

Work For It

拍數: 32 牆數: 4 級數: Improver
編舞者: Ayek Lesmana (INA) - October 2024
音樂: Work for It - Daphne Willis & LÒNIS



Dance starts approx 20 seconds

TOE STRUTH R,L – ROCK – RECOVER – BACK STEP – COASTER STEP – DIAGONAL STEP – TOUCH – DIAGONAL STEP – KICK

1&2 Touch RF forward (1), Step RF in place (&), Touch LF forward (2)
&3&4 Step LF in place (&), Rock RF forward (3), Recover on LF (&), Big step RF back (4)
5&6 Step LF back (5), Close RF beside LF (6), Step LF forward (6)
7& Step RF diagonal forward (7), Touch LF beside RF (&)
8& Step LF diagonal forward (8), Kick RF diagonal forward (&)

Restart Here on Wall 3, Dance until Count (8) then Restart

BEHIND – SIDE STEP – CROSS OVER – ½ TURN LEFT – CROSS SHUFFLE – SIDE MAMBO R, L

1&2 Cross RF behind LF (1), Step LF to side (&), Cross RF over LF (2),
3&4 Turn ½ left Cross LF over RF (3), Step RF to side (&), Cross LF over RF (4)
5&6 Step RF to side (5), Step LF in place (&), Close RF beside LF (6)
7&8 Step LF to side (7), Step RF in place (&), Close LF beside RF (8)

1/8 TUR LEFT - SIDE STEP – IN PLACE - 1/8 TURN LEFT – SIDE STEP – IN PLACE – TOUCH – SHOULDER – SYNCOPATED WEAVE -1/8 TURN RIGHT -CLOSE

1&2 Turn 1/8 left Step RF to side (1), Step LF in place (&), turn 1/8 left Step RF to side (2),
&3 Step LF in place (&), Touch RF forward (3)
&4 Lift right shoulder up, left shoulder down (&), Lift left shoulder up, right shoulder down (4)
"Weight on LF"
5&6& Cross RF over LF (5), Step LF to side (&), Cross RF behind LF (6), Step LF to side (&)
7&8 Cross RF over LF (7), Step LF to side (&), Turn 1/8 right Close RF beside LF (8)

CROSS SHUFFLE - 1/8 TUR LEFT – SWIVEL R,L – PIVOT ½ TURN LEFT

1&2 Cross LF over RF (1), Step RF to side (&), Cross LF over RF (2)
3&4 Turn 1/8 left Swivel both heels to right (3), Swivel both toes to right (&), Swivel both heels to right (4)
5&6 Swivel both heels to left (5), Swivel both toes to left (&), Swivel both heels to left (6)
7 – 8 Step RF forward (7), Turn ½ left Step LF in place (8)

Enjoy the dance...

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