

Work It Out (P)

COPPERKNOB
STEPSHETS

拍數: 56 牆數: 0 級數: Partner
編舞者: Ray Garvin (USA) & Gail Garvin (USA)
音樂: We Work It Out - Joni Harms



Position: Sweetheart Position, facing LOD. Man's steps listed, lady on opposite feet throughout. Hands stay joined throughout entire dance

CROSS TOUCHES, STEP SLIDES, STEP SCUFF ON RIGHT & LEFT

1-4 Left heel forward, left toe touch across right, left heel forward, touch left toe back

5-8 Step left forward, slide right up to left, step left forward, scuff right forward

9-16 Repeat 1-8 above on opposite foot starting with right

BOX ¼ TURN, STEP SLIDE, STEP SCUFF CROSSING OVER, ON LEFT AND RIGHT, ¼ TURN, ROCK STEPS

17-18 Step forward left, cross right over left

19 Mans right arm cross over lady's head as you step back left making ¼ turn to face your partner, step in place right

Arms are now crossed in front of you, right over left

21-24 Raising arms lady goes under man's right arm, step forward left, crossing in back of lady, slide right up to left, step forward left making ¼ turn to face LOD, scuff right forward

You are now in Reverse Sweetheart Position

25-28 Rock forward on right, back on left, back on right, forward on left

29-40 Repeat 17-28 above on opposite foot starting with right

On count 31 mans left arm over lady's head, arms are crossed in front of you, left over right

On the cross over to ILOD, man crosses behind lady shifting arms from left to right side

STRUTS LEFT AND RIGHT

41-48 Step forward on left heel, bring toe down, repeat on right, left, right

LEFT KICK BALL STEP FORWARD 2 TIMES, WALK FORWARD 4 STEPS

49&50 Kick left forward, step on left, step forward right

51&52 Kick left forward, step on left, step forward right

53-56 Walk forward left, right, left, right

REPEAT