

# Work It!

**COPPER KNOB**  
STEPSHEETS

拍數: 32      牆數: 4  
編舞者: Stephen Sunter (UK)  
音樂: Work It Out - Beyoncé

級數: Intermediate



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## BACK, CROSS, SIDE, BEHIND, SIDE, BACK CROSS, SIDE, BEHIND, ¼ TURN

- &1            Step left back, cross step right over left, (twist shoulders to right)
- 2-3-4        Step left-to-left side, right behind, left to left, (straightening shoulders to front)
- &5            Step right back, cross left over right, (twist shoulders to left)
- 6-7-8        Step right-to-right side, left behind, make ¼ right and step forward right, (straightening shoulders to front)

## TURN ¾ TURN, SIDE, BEHIND, TURN ¼ LEFT, SIDE, BEHIND. FULL TURN, SIDE, DRAG ¼ TURN

- &            Making a ¾ turn right step ball of left next to right
- 9            Cross step right over left
- 10-11-12    Step left to left, step right behind left, make ¼ turn left and step forward left
- &13          Step right to side, lock left behind right
- 14-15        Unwind full turn left, large step right to side
- 16            Drag left toward right and make a ¼ turn left

## LEFT NEXT TO RIGHT, WALK FORWARD, HIP BUMPS

- &17          Step left next to right, large step forward right, (lean shoulders back)
- 18-19        Step forward left, step right slightly out to right side
- 20            Pop right knee in
- &21          Bump hips left, bump hips right
- 22-23-24    Bump hips left, bump hips right, bump hips left

## WIGGLE, ¼ TURN, STEP ½ TURN, WALK BACK, CHANGE, WALK FORWARD

- &a25          Bump hips right, bump hips left, bump hips right making a ¼ turn left and pop left knee
- 26-27-28    Step forward left, make ½ turn left and step back on right, step back left
- &29          Step right next to left, large step forward left, (lean shoulders back)
- 30-31-32    Step forward right, step forward left, step right to right side

## REPEAT

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