

Work Out

拍數: 0 牆數: 4 級數: Advanced
編舞者: Carolyn Robinson (USA)
音樂: Takin' Care of Business - Bachman-Turner Overdrive



Sequence: AAAA BAA B B- A

PART A

KICK, TOUCH; KICK-BALL-TOUCH; PIVOT ½ RIGHT; HITCH BUMP AND BUMP

1-2 Kick right forward, touch right
3&4 Kick right, step right in place, touch left beside right
5-6 Step left forward, pivot ½ right (weight (weight) on right-6:00 wall)
&7&8 Hitch left, side step left/bump hip left, bump right, bump left (weight on left)

SIDE ROCK; SAILOR STEP; SIDE ROCK; SAILOR STEP

9-10 Side rock right, recover left
11&12 Cross right behind left, side step left, side step right
13-14 Side rock left, recover right
15&16 Cross left behind right, side step right, side step left

CROSS, POINT; KICK & POINT; CROSS, POINT; KICK & POINT

17-18 Cross right in front of left, side point left
19&20 Kick left, quick step left, side point right
21-22 Cross right in front of left, side point left
23&24 Kick left, quick step left, side point right

HIP ROLL ¼ LEFT; TRIPLE FORWARD; STEP, HIP ROLL ¼ LEFT; HIP ROLL ½ RIGHT

25-26 Roll hips to the left ¼ turn left and tap left heel (keeping weight on right-3:00 wall)
27&28 Step left forward, quick step right to left instep, step left forward
29-30 Side step right, roll hips to the left ¼ turn left (12:00 wall)
31-32 Roll hips to the right ½ turn right and tap right heel (keeping weight on left-6:00 wall)

KICK-CROSS-POINT; KICK-CROSS-POINT

33&34 Kick right, cross right in front of left, side point left
35&36 Kick left, cross left in front of right, side point right

TOUCH BEHIND, TOUCH SIDE; BEHIND AND FORWARD

37-38 Touch right behind left, side touch right
39&40 Cross right behind left, quick side step left, step right forward

STEP LOCK; STEP-LOCK-STEP; SIDE ROCK; BEHIND & FORWARD

41-42 Step left forward, step right behind left (in lock position)
43&44 Step left forward, step right behind left (locking), step left forward
45-46 Side rock right, recover left
47&48 Cross right behind left, side step left, step right forward

ROCK, RECOVER; TRIPLE ½ LEFT; ROCK, RECOVER; TRIPLE ¾ RIGHT

49-50 Rock left forward, recover right
51&52 Triple step ½ turn left (left-right-left -12:00 wall)
53-54 Rock right forward, recover left
55&56 Triple step ¾ turn right (right-left-right-9:00 wall)

KICK-AND-POINT; KICK-AND-POINT; ROCK, RECOVER; COASTER

57&58 Kick left forward, quick step left beside right, side point right
59&60 Kick right forward, quick step right beside left, side point left
61-62 Rock left forward, recover right
63&64 Step left back, quick step right back, step left forward

SECTION B

SIDE TOGETHER; MAMBO RIGHT, BUMP RIGHT, BUMP LEFT; BUMP RIGHT-LEFT-RIGHT

1-2 Side step right, step left beside right
3&4 Side step right, quick step left beside right, side step right
5-6 Bump hips right, bump hips left
7&8 Bump hips right, left, right (weight on right)

SIDE TOGETHER; MAMBO LEFT, BUMP LEFT, BUMP RIGHT; BUMP LEFT-RIGHT-LEFT

9-10 Side step left, step right beside left
11&12 Side step left, quick step right beside left, side step left
13-14 Bump hips left, bump hips right
15&16 Bump hips left, right, left (weight on left)

SWAY RIGHT, LEFT; KICK-&-POINT; SWEEP LEFT ½ TURN; RIGHT COASTER STEP

17-18 Sway hips right, sway hips left
19&20 Kick right forward, quick step right beside left, side point left
21-22 Sweep left toe around for a half turn left, step down on left
23&24 Step right back; step left beside right; step right forward

SWAY LEFT, RIGHT; KICK-&-POINT; SWEEP RIGHT ½ TURN; LEFT COASTER STEP

25-26 Sway hips left, sway hips right
27&28 Kick left forward, quick step left beside right, side point right
29-30 Sweep right toe around for a half turn right, step down on right
31&32 Step left back; step right beside left; step left forward

SIDE TOGETHER; MAMBO RIGHT, BUMP RIGHT, BUMP LEFT; BUMP RIGHT-LEFT-RIGHT

33-34 Side step right, step left beside right
35&36 Side step right, quick step left beside right, side step right
37-38 Bump hips right, bump hips left
39&40 Bump hips right, left, right (weight on right)

SIDE TOGETHER; MAMBO LEFT, BUMP LEFT, BUMP RIGHT; BUMP LEFT-RIGHT-LEFT

41-42 Side step left, step right beside left
43&44 Side step left, quick step right beside left, side step left
45-46 Bump hips left, bump hips right
47&48 Bump hips left, right, left (weight on left)

SECTION B-

1-32 Counts 1-32 of Section B
