

Workin' It Out

COPPERKNOB
STEPSHEETS

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Marg Jones (CAN)
音樂: Work It Out - Beyoncé



STEP OUT, OUT, IN, IN, HEEL FAN

1-2 Step right diagonally right forward, step left diagonally left forward (feet about 15" apart)
3& Step right back to center, step left beside right
4& Fan heels out, in

HITCH, HITCH, ROCK BACK, ROCK FORWARD, STEP

5& Hitch right while hopping on left, twice
6& Rock back on right, recover on left
7& Rock forward on right, recover on left
8 Step on right beside left

STEP, HITCH, STEP, HITCH, COASTER BACK

9& Step back on left, hitch right while hopping on left
10& Step back on right, hitch left while hopping on right
11&12 Step back on left, step back on right, step forward on left

POINT, HITCH, CROSS, POINT, HITCH, CROSS

13&14 Touch right toe to right, hitch right across front of left while hopping on left, step on right (legs are crossed)
15&16 Touch left toe to left, hitch left across front of right while hopping on right, step on left (legs are crossed)

ROCK FORWARD, ROCK BACK, ROCK FORWARD, STEP

17& Rock forward on right, recover on left
18& Rock back on right, recover on left
19& Rock forward on right, recover on left
20 Step right beside left

JAZZ BOX TURNING ¼ LEFT WITH HITCH; JAZZ BOX

21& Step left across right, step back on right (beginning ¼ turn left)
22& (Completing ¼ turn) step left to left, hop on left while hitching right
23&24 Step right across left, step back on left, step right beside left

KNEE KNOCKERS MOVING RIGHT; TOES, HEELS, TOES, HEELS, TOES

Next 4 counts are done moving to right

25 Toes together, heels out
26 Heels together, toes out
27 Toes together, heels out
& Heels together, toes out
28 Toes together, heels out

TOUCH RIGHT & LEFT & FRONT & STEP

29&30& Touch right toe to right, step right beside left, touch left toe to left, step left beside right
31&32 Touch right heel to front, step right beside left, step forward on left

REPEAT

