

Workin' Out

COPPER KNOB
STEPSHEETS

拍數: 48 牆數: 2 級數: Improver
編舞者: Kay Romero (USA)
音樂: Workin' Out - Eddie Rabbitt



HEELS OUT, IN, OUT, IN, RIGHT FOOT OUT, IN, OUT, TOGETHER

- 1-4 Heels out & bend elbows & push arms back, heels in & push arms forward, repeat
- 5 Touch right foot to right side (pushing right arm straight out to right side)
- 6 Touch right foot next to left foot (touch right hand on right hip)
- 7 Touch right foot to right side (pushing right arm straight out to right side)
- 8 Right foot step together (right hand on right hip)

HEELS OUT, IN, OUT, IN, LEFT FOOT OUT, IN, OUT, TOGETHER

- 1-4 Heels out & bend elbows & push arms back, heels in & push arms forward, repeat
- 5 Touch left foot to left side (pushing left arm straight out to left side)
- 6 Touch left foot next to right foot (touch left hand on left hip)
- 7 Touch left foot to left side (pushing left arm straight out to left side)
- 8 Left foot step together (left hand on left hip)

HEELS OUT, IN, KICK, KICK, COASTER STEP, KICK, KICK

- 1-2 Heels out & bend elbows & push arms back, heels in & push arms forward
- 3-4 Kick right foot forward 2 times (reaching arms (hands open) forward 2 times)
- 5&6 Step right foot back, step left foot back next to right foot & step right foot forward
- 7-8 Kick left foot forward 2 times (reaching arms (hands open) forward 2 times)

OUT-OUT, HOLD, IN-IN, HOLD

- &1-2 (Left foot & right foot) out-out (reach arms out straight to sides), hold
- &3-4 (Left foot & right foot) in-in (bend arms & hands touch top of shoulders), hold
- &5-6 (Left foot & right foot) out-out (reach arms out straight to sides), hold
- &7-8 (Left foot & right foot) in-in (bend arms & hands touch top of shoulders), hold

(MILITARY PIVOT TURNS) STEP, TURN, STEP, TURN, OUT-OUT-, HOLD, IN-IN, HOLD

- 1-2 (Hands touching top of shoulders) step left foot next to right foot, pivot $\frac{1}{4}$ turn right
- 3-4 (Hands touching top of shoulders) step left foot next to right foot, pivot $\frac{1}{4}$ turn right
- &5-6 (Left foot & right foot) out-out (reach arms out straight to sides), hold
- &7-8 (Left foot & right foot) in-in (bend arms & hands touch shoulders), hold

BEND AND REACH (POINT LEFT, TOGETHER, RIGHT, TOGETHER, LEFT, TOGETHER, RIGHT, TOGETHER)

- 1 Left foot touch to left side (bending sideways right) left hand reach for left side of left knee (right arm reach straight up)
- 2 Left foot step next to right foot (bend arms & hands touch top of shoulders & stand tall)
- 3 Right foot touch to right side (bending sideways left) right hand reach for right side of right knee (left arm reach straight up)
- 4 Right foot step next to left foot (bend arms & hands touch top of shoulders & stand tall)
- 5 Left foot touch to left side (bending sideways right) left hand reach for left side of left knee (right arm reach straight up)
- 6 Left foot step next to right foot (bend arms & hands touch top of shoulders & stand tall)
- 7 Right foot touch to right side (bending sideways left, right hand reach for right side of right knee, left arm reach straight up)
- 8 Right foot step next to left foot (bend arms & hands touch top of shoulders & stand tall)

REPEAT
