

Just Work It

拍數: 32 牆數: 2 級數: Intermediate
編舞者: Mark Furnell (UK)
音樂: I Like The Way You Work It - EYC



KICK, KICK BALL CHANGE KICK AND POINT, TURN, POINT, TOUCH

- 1-2 Kick right foot back, kick right foot forward
&3-4 Step down on ball of right foot, step down on left and kick right foot forward
&5-6 Step down on right foot making $\frac{1}{4}$ turn right and point left toe out to left side, pivot whole turn left on right stepping left to right
7-8 Point right toe out to right side, touch right to left

HIP BUMPS, HIP BUMPS, CROSS UNWIND, STEP SLIDE CLOSE

- 9&10 Step side on right and bump hips right, left, right
11&12 Pivot $\frac{1}{2}$ turn left on right foot and step side on left and bump hips left, right, left
13-14 Cross right over left and unwind a whole turn left, (weight end on left foot)
15-16 Step a large step to right on right, slide left to right (weight end on left)

HEEL SWITCH HEEL, STEP SWIVEL HEELS, TOUCH HITCH CROSS, TRIPLE FULL TURN

- 17&18 Touch right heel forward, step down and touch left heel forward
&19&20 Step down on left and step forward on right foot, swivel both heels out and in
21&22 Making $\frac{1}{4}$ turn right touch left toe out to side, hitch left knee and cross left over right
23&24 Step side on right foot making $\frac{1}{4}$ turn left, step back on left making $\frac{1}{2}$ turn left, step side right making $\frac{1}{4}$ turn left

STEP OUT, OUT, TOE HEEL SWIVELS IN, SYNCOPATED ROCKING CHAIR, KICK TURN KICK

- 25-26 Step left foot out to side and slightly forward, step right foot out side (feet should now be shoulder width apart with weight on both feet)
27&28 Swivel both toes in, swivel both heels in, swivel both toes in, (you should now be standing straight with you weight on left foot)
29&30& Rock forward right, back on left, rock back on right, forward on left
31&32& Kick right foot forward, step down on right foot making $\frac{1}{2}$ turn left and kick left forward, step down left

REPEAT
