

# Work This Out

**COPPER KNOB**  
STEPPERS

拍數: 40      牆數: 4      級數: Intermediate  
編舞者: Angela Rushing (USA) - October 2007  
音樂: Live Wherever You Are - Jack Ingram



Or: Doctor Pressure by Gloria Estefan - Essential)

Dance starts: 57 count intro (start on the word "I really")

## MAMBO FWD, MAMBO BACK, R-CROSS, ROCK, ¼ CHASSE RIGHT

- 1-2      Rock right forward, recover on right, step left back
- 3-4      Rock left back, recover on left, step right forward
- 5-6      Cross rock right over left, making ¼ turn to right
- 7-8      Step right to right side, close left beside right, step right to right side

## KICK BALL CHANGE 2X, WALK FWD 2X, SIDE SWITCHES

- 1-2      Kick right foot forward, rock back onto right with ball of right foot, recover weight onto left
- 3-4      Repeat 1&2
- 5-6      Walk forward – right, left
- 7      Touch right toe to right, step right next to left
- 8      Touch left toe to left side, step left next to right

## HIP BUMPS, ROCK BACK, RECOVER 2X

- 1-2      Bump hips to the right twice (twisting arms circular motion towards right)
- 3-4      Bump hips to the left twice (twisting arms circular motion towards left)
- 5-6      Rock right backward, recover onto left
- 7-8      Repeat 5&6

## SHUFFLES, SWAY 4X

- 1-2      Shuffle right foot fwd – right, left, right
- 3-4      Shuffle left foot fwd – left, right, left
- 5-6      Step right to right swaying hips right, sway hips to left
- 7-8      Repeat 5&6

## STEP, TOUCH, CROSS STEPS, LOCK 2X

- 1-2      Step back right foot, touch left foot next to right
- 3-4      Cross step right over left, cross step left over right
- 5-6      Step right back, lock left over right, step right back
- 7-8      Step left back, lock right over left, step left back

Begin again.

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