

Work This Out

COPPER KNOB
STEPSHETS

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.
