

Work Work Work!

COPPER KNOB
BY STEPHEN

拍數: 32 牆數: 2 級數: Intermediate
編舞者: Amy Christian (USA) - July 2008
音樂: Work (Freemasons Remix) - Kelly Rowlands



Intro: 32 Count Intro.

Step, Ball, Recover, Step, Ball, Recover, Cross, ¼ Turn, ½ Turn Shuffle

1&2 Step R foot fwd, Step out to L side on ball of L foot, Recover on R foot
3&4 Step L foot fwd, Step out to R side on ball of R foot, recover on L foot
5-6 Cross step R foot across L foot, ¼ turn right stepping back on L foot (3 o'clock)
7&8 Shuffle ½ turn right, R, L, R, (9 o'clock)

In, In, Back, Coaster Step, Out, Out, Back, Coaster Step,

&1 Step fwd on L foot, Step R foot next to L foot,
2 Step back on L foot,
3&4 Right Coaster Step,
&5 Step out to L side on L foot, Step out to R side on R foot, 6 Step back on L foot,
7&8 Right Coaster Step,

¼ Turn Chasse, Out, Out, ½ Turn Cross Shuffle, Out, Out,

1&2 ¼ Turn right, step L foot to left side, Step R next to L, Step L foot to L side, (12 o'clock)
3-4 Step R foot to right side, Step L foot to left side,
5&6 ½ Turn right, cross R foot over L foot, Step L foot to left side, Cross R foot over L foot, (6 o'clock)
7-8 Step L foot to left side, Step R foot to right side,

Behind, Side, Cross, Mambo Touch With Easy Arms Movements On Counts 4-8,

1&2 Step L behind R, Step R to right side, Cross L over R,
3&4 Rock to right side on R foot, Recover on L, Step R foot next to L with weight on L foot, 4 Arms at chest level, bent at elbows, R palm over back of L hand,
5 Tilt arms, R elbow down (pointing 5 o'clock) L elbow up (pointing 10 o'clock)
6 Swing hands out, R hand still pointing 5 o'clock, L hand pointing 10 o'clock
7 Bring hands back, R palm over back of L hand (same position as in count 5), Still at tilt,
8 Straighten up, as at count 4, elbows bent, with R palm over back of L hand,

TAG: 8 Counts (Done After Wall 3 - Facing Back Wall)

R Side Mambo, L Side Mambo, Pull, Twist ¼ Turn R, Pull, Twist ¼ Turn R ,

1&2 Rock out to right side on R foot, Recover on L, Step R next to L,
3&4 Rock out to left side on L foot, Recover on R, Step L next to R,
5-6 Bring arms straight out to R side, as if pulling on a handle(5), ¼ Turn R, Twisting on both feet(8),
7-8 Bring arms straight out to R side, as if pulling on a handle(7), ¼ Turn R, Twisting on both feet(8). (Keep weight on left foot).

The tag will bring you to the front wall. Begin again!