

Work

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Yvonne Anderson (SCO) & Mark Cosenza (USA) - March 2010
音樂: Work - The Saturdays



Notes: Start on vocal.

KICK & STEP, ROCK & CROSS, TOUCH, SAILOR 1/2 TURN RIGHT, LEFT-LOCK-LEFT

1& Kick R forward, (&) Step R Down [12]
2&3 Rock L to Left (&) Step R down next to L, step L across right [12]
4 Touch R toes to right [12]
5&6 Sailor 1/2 turn right stepping R, L, R [6]
7&8 Forward L, Lock, L [6]

KICK-TOUCH-1/4 TURN LEFT, COASTER CROSS, HIP SHAKES, 1/4 TURN RIGHT HIP SHAKES

1&2 Kick R forward, (&) Touch R toes to side (R knee is bent), Pivot 1/4 turn left taking weight on R [3]
3&4 Step L back, (7) Step R beside left, Step L across right [3]
5&6 Step R to right and bump hips R, L, R [3]
7&8 Make 1/4 turn right stepping L to left and bump hips L, R, L [6]

****Restart**** walls 2 and 5

ROCK 1/4 RIGHT, SIDE ROCK-RECOVER, CROSS SHUFFLE, 1/2 TURN RIGHT

1&2 Rock R forward, (&) Recover L, Make a 1/4 right step R to side [9]
&3-4 (&) Step L beside right, Rock R to side, Recover weight on L [9]
5&6 Step R across left, Step L to left, Step R across left [9]
7-8 Make 1/4 turn right stepping L back, 1/4 turn right stepping R to side [3]

CROSS-OUT-OUT, WALK FORWARD R-L, DIAGONAL STEP, TOUCH x 2

1&2 Step L across right, (&) Step R back to right, Step L back to left (thrust hips back) [3]
3-4 Walk forward stepping R, L [3]
5-6& Step R (long step) to forward right diagonal, Slide L to right and touch left toes beside right [3]
7-8& Step L (long step) to forward left diagonal, Slide R to left and touch right toes beside left [3]

REPEAT

Restarts following count 16 during walls 2 and 5.

www.elyron.com & www.markcosenza.com