

Work It Out

拍數: 40 牆數: 4 級數: Intermediate
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音樂: Can't Touch It - Rickie-Lee : (CD: Sex And The City 2)



24 Count intro – Start on Vocals

2x Walks Forward. Ball-Step. Right Mambo Forward. 2x Walks Back. Left Coaster Cross.

1–2 Walk forward on Right. Walk forward on Left.
&3 Step ball of Right beside Left. Step forward on Left.
4&5 Rock forward on Right. Rock back on Left. Step back on Right.
6–7 Walk back on Left. Walk back on Right.
8&1 Step back on Left. Step Right beside Left. Cross step Left over Right.

Option: Counts 6 – 7 above ... Push both hands Up and Out to Left side. Push hands up to Right side.

Side Step Right. Back Rock & Side. Cross. Unwind Full Turn Right. Hip Bumps.

2 Long step Right to Right side – dragging Left towards Right.
3&4 Rock back Left behind Right. Rock forward on Right. Step Left to Left side.
5–6 Cross Right behind Left. Unwind Full turn Right. (Weight on Right)
7&8 Step Left to Left side Bumping hips Left. Bump hips Right. Bump hips Left.

****(RESTART Point + TAG)****

Right Mambo Back. Hip Bumps Forward. 1/2 Turn Right Hip Bumps Forward. 1/4 Turn Right. Touch.

1&2 Rock back on Right. Rock forward on Left. Step forward on Right.
3&4 Step forward on Left, Bumping hips forward. Bump hips back. Bump hips forward.
5&6 Make 1/2 turn Right Bumping hips forward. Bump hips back. Bump hips forward.
7–8 Make 1/4 turn Right stepping Left Long step to Left side. Touch Right toe behind Left heel.

Ball-Cross. Side. Left Sailor 1/2 Turn Left. Ball-Step. Pivot 1/2 Turn Right. Left Shuffle 1/2 Turn Right.

&1–2 Step ball of Right beside Left. Cross step Left over Right. Step Right to Right side. (9 o'clock)
3&4 Cross Left behind Right making 1/2 turn Left. Step Right to beside Left. Step forward on Left.
&5–6 Step ball of Right beside Left. Step forward on Left. Pivot 1/2 turn Right.
7&8 Left shuffle forward making 1/2 turn Right stepping Left. Right. Left. (3 o'clock)

& Heel. Hook. Left Lock Step Forward. Forward. Together. Back. Left Shuffle 1/2 Turn Left.

&1–2 Step back on Right. Dig Left heel forward. Hook Left heel across Right shin.
3&4 Step forward on Left. Lock step Right behind Left. Step forward on Left.
5&6 Step forward on Right. Step Left beside Right. Step back on Right.
7&8 Left shuffle making 1/2 turn Left stepping Left. Right. Left. (9 o'clock)

Start Again

TAG 1: END of Wall 2 (Facing 6 o'clock)

Forward Rock. Triple Full Turn Right. Left Mambo Forward. Back. Together.

1–2 Rock forward on Right. Rock back on Left.
3&4 Right triple step (on the spot) making Full turn Right stepping Right. Left. Right.
5&6 Rock forward on Left. Rock back on Right. Step back on Left.
7–8 Step back on Right. Slide/Step Left beside Right. (Weight on Left) (Facing 6 o'clock)

RESTART: Dance to Count 16 of Wall 5 (Facing 12 o'clock) – ADD On TAG 2 – Then start from the Beginning

TAG 2: Back Rock & Side. Cross. Side. Left Sailor 1/4 Turn Left. Cross. Unwind 3/4 Turn Left.

1&2 Rock back on Right. Rock forward on Left. Step Right to Right side.

- 3-4 Cross step Left over Right. Step Right to Right side.
- 5&6 Cross Left behind Right making 1/4 turn Left. Step Right beside Left. Step forward on Left.
- 7-8 Cross Right over Left. Unwind 3/4 turn Left. (Weight on Left) (Facing 12 o'clock)
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