

# Work It Out

拍數: 40      牆數: 4      級數: Intermediate  
編舞者: Robbie McGowan Hickie (UK) - June 2010  
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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