

Work It

拍數: 32 牆數: 2 級數: Intermediate
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音樂: No Diggity (feat. Dr. Dre & Queen Pen) - Blackstreet



Section 1:

Walk Forward x 2, Step Forward ½ Turn Left Cross, Step Forward ½ Turn Right Cross, Lock Step Back, Drag, Point

1-2 Walk forward (right, left)
3&4 Step right foot forward, ½ turn left, cross right over left
5&6 ½ turn right, step right foot back, left back lock step
7-8 Drag right foot back, point left to left side

Section 2:

Sailor Step, Forward Skate x 2, Rock ½ Turn, Triple Full Turn

1&2 Left sailor step
3&4 Skate right, left
5&6 Rock right foot forward, ½ turn over right shoulder, hold
7&8 Triple full turn right (left, right, left)

Section 3:

Rock Forward, Coaster Step, ¼ Turn, Weave

1&2 Rock right foot forward, recover onto left, step right foot back
3&4 Step left foot back, step right foot forward, step left beside right
5&6 Step right foot forward, ¼ turn left, step right behind left
&7&8 Step left to left side, cross right over left, step left to left side, touch right beside left, hold

Section 4:

Chasse Right, ¾ Turn Right, Step Forward, ½ Turn Left, Triple Full Turn Right

1&2 Chasse right (right, left, right)
3&4 Cross left over right, ¾ turn right stepping left foot forward
5&6 Step right foot forward, ½ turn left, stepping right foot forward
7&8 Triple full turn right (left, right, left)
