

# Work It Out

**COPPER KNOB**  
BY STEPHEN HETS

拍數: 64      牆數: 2      級數: Intermediate  
編舞者: Nathan Gardiner (SCO) - December 2013  
音樂: Work Bitch by Britney Spears



Intro: 32 count intro

## S1: ROCK RECOVER, BEHIND SIDE CROSS, ROCK RECOVER SAILOR 1/4 TURN LEFT

1-2            rock out to right side, recover on left  
3&4            step right behind left, step left to left side, cross step right over left  
5-6            rock out on left, recover on right  
7&8            1/4 left stepping back on left, step right to right side, step left to left side

## S2: ROCKING CHAIR, SHUFFLE FORWARD, ROCK RECOVER

1-4            rock forward right, recover on left, rock back on right, recover on left  
5&6            step forward on right, step left next to right, step forward on right  
7-8            rock forward on left, recover on right

## S3: FULL TURN BACKWARDS, ROCK RECOVER, KICK BALL POINT, KICK BALL POINT

1-2            1/2 turn left stepping forward on left, 1/2 turn left stepping back on right

### Option: walk back left, right

3-4            rock back on left, recover on right  
5&6            kick left foot forward, step left next to right, point right toe out  
7&8            kick right foot forward, step right next to left, point left toe out

## S4: CROSS ROCK RECOVER, CHASSE LEFT, JAZZ BOX CROSS

1-2            cross rock left over right, recover on right  
3&4            step left to left side, step right next to left, step left to left side  
5-8            cross step right over left, step back on left, step right to right side, cross step left over right

## S5: 1/2 MONTEREY X2

1-4            point right toe out, step right next to left, 1/2 turn right pointing left toe out, step left next to right  
5-8            point right toe out, step right next to left, 1/2 turn right pointing left toe out, touch left next to right

## S6: CHASSE LEFT, ROCK RECOVER, POINT, HOLD, POINT, HOLD

1&2            step left to left side, step right next to left, step left to left side  
3-4            rock back on right, recover on left  
5-6&            point right toe out, hold, step right next to left  
7-8&            point left toe out, hold, step left next to right

## S7: HEEL SWITCHES RIGHT & LEFT, ROCKING CHAIR, STEP PIVOT 1/4 LEFT

1&2&            touch right heel forward, step right next to left, touch left heel forward, step left next to right  
3-6            rock forward on right, recover on left, rock back on right, recover on left  
7-8            step forward on right, pivot 1/4 turn left

## S8: JAZZ BOX CROSS, STEP TOUCH, STEP TOUCH

1-4            cross step right over left, step back on left, step right to right side, cross step left over right  
5-8            step right to right side, touch left next to right, step left to left side, touch right next to left

Ending: During wall 7 dance up to count 56 step pivot half left.

Start Again.....Happy Dancing

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