

Work It Out

拍數: 48 牆數: 2 級數: Intermediate
編舞者: Pat Stott (UK) - January 2014
音樂: One of These Days - Shane Filan : (CD: You and Me - also iTunes)



16 count intro (approx 9 seconds)

Section 1: Forward mambo, back mambo, side rock cross, side rock, cross

- 1&2 . Rock forward on right, recover on left, step back on right
- 3&4 . Rock back on left, recover on right, step forward on left
- 5&6 . Rock right to right, recover on left, cross right over left
- 7&8 . Rock left to left, recover on right, cross left over right

Note: turn body to left diagonal 5&6, then right diagonal 7&8

Section 2: Sway, sway with hitch, chasse with 1/4 right, rock forward, recover, 1 & 1/2 turning shuffle left

- 1-2 . Step right to right & sway hips to right, sway hips to left & hitch right knee
- 3&4 . Step right to right, close left to right, turn 1/4 right stepping forward on right
- 5-6 . Rock forward on left, recover on right
- 7&8 . Turn 1/2 left stepping forward on left, turn 1/2 left stepping back on right, turn 1/2 left stepping forward on left (easier option shuffle 1/2 left)

Section 3: Rumba box x2 gradually turning 1/2 right

- 1&2 . Right to right, close left to right, 1/4 right stepping forward on right
- 3&4 . Left to left, close right to left, step back on left turning 1/8th right
- 5&6 . Right to right, close left to right, 1/8th right stepping forward on right
- 7&8 . Left to left, close right to left, step back on left

Section 4: Side, recover, behind, side, cross, side, recover, behind, 1/4 turn, forward

- 1-2 . Rock right to right, recover on left
- 3&4 . Cross right behind left, left to left, cross right over left
- 5-6 . Rock left to left, recover on right
- 7&8 . Step left behind right, turn 1/4 right stepping forward on right, forward on left

Section 5: Right foot forward, raise & lower right heel, left foot forward, raise & lower left heel, 1/2 pivot, shuffle forward

- 1&2 . Place right foot forward (keeping weight on left, raise & lower right heel)
(transferring weight onto right as the heel is lowered)
- 3&4 . Place left foot forward (keeping weight on right), raise and lower left heel
(transferring weight onto left as the heel is lowered)
- 5-6 . Step forward on right, pivot 1/2 to left transferring weight to left
- 7&8 . Step forward on right, close left to right, step forward on right

Section 6: Prissy walks forward, step, bounce heels 1/2 right, bounce heels 1/2 turn left, step forward, 1/2 pivot left

- 1-2 . Prissy Walks forward - left, right (or just 2 walks forward)
- 3&4 . Step forward on left, Raise and lower both heels x 2 turning 1/2 right
- 5&6 . Raise and lower both heels x3 turning 1/2 left transferring weight to left
- 7-8 . Step forward on right, 1/2 pivot left transferring weight onto left

TAG: ** During wall 6

Dance up to 1&2 of section 3 (rumba box)

replace 3&4 with - chasse to the left (facing 6 o'clock)

Restart from beginning of dance

Ending: Dance 1 -4 of Section 3 (to face 12 o'clock), large step to right and hold

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