

#Work

拍數: 64 牆數: 2 級數: Intermediate
編舞者: Jo Kinser (UK), John Kinser (UK), Ruben Luna (USA) & Sobrielo Philip Gene (SG) - June 2014
音樂: Work Work - Britney Spears : (Single - iTunes)



Start the dance 32 counts in (0.15).

[1-8] □ Step Out, Sailor 1/4 Turn, Step, Together, Jazz Jump X2

1,2 Step Rt fwd, Step Lt to Lt (feet apart)
3&4 Step Rt back making 1/4 turn Rt (3:00), Step Lt in place, Step Rt fwd
5,6 Step Lt fwd, Step Rt next to Lt
7,8 Jazz Jump twice to the Lt on both feet

[9-16] □ Walk Fwd, Toe Strut 1/2 Turn, Toe Strut 1/2 Turn, Rock Hitch

1-2 Step Rt fwd, Step Lt fwd
3-4 Touch Rt toe fwd, Make 1/2 turn Lt putting the weight down on the Rt heel (9:00)
5-6 Touch Lt toe back, Make 1/2 turn Lt putting the weight down on the Lt heel (3:00)
7,8 Rock Rt fwd, Recover weight Lt Hitching Rt knee

(Easy Option: Walk fwd, Rt Toe Strut Fwd, Lt Toe Strut Fwd, Rock Hitch).

[17-24] □ Back, Lock, Back, 1/4 Turn, Jazz Box with Cross

1,2 Step Rt back, Lock Lt in front of Rt
3,4 Step Rt back, Make 1/4 turn Lt stepping Lt to Lt (12:00)
5,6 Cross Rt over Lt, Step Lt back
7,8 Step Rt to Rt, Cross Lt over Rt

[25-32] □ Point, Touch, Point Touch Point, Heel Switches, Step 1/4 Turn Lt

1,2 Point Rt to Rt, Touch Rt beside Lt
3&4 Point Rt to Rt, Touch Rt beside Lt, point Rt to Rt side
5&6& Touch Rt heel fwd, Step Rt beside Lt, Touch Lt Heel Fwd, Step Lt beside Rt
7,8 Step Rt fwd, Make 1/4 turn Lt (weight Lt) (9:00)

[33-40] □ Cross, Side, Sailor Step, Cross, Side, Sailor 1/4 Turn

1,2 Cross Rt over Lt, Step Lt to Lt
3&4 Step Rt back, Step Lt to Lt, Step Rt to Rt
5,6 Cross Lt over Rt, Step Rt to Rt
7&8 Step Lt back, Make 1/4 turn Lt stepping Rt fwd (weight Lt) (6:00), Step Lt fwd

[41-48] □ Step 1/2 Turn, Paddle 1/2 Turn, Cross, Side, Behind, Side, Cross

1,2 Step Rt fwd, Make 1/2 turn Lt (Weight Lt) (12:00)
3,4 Pivot on Lt foot 1/4 turn Lt touching Rt to Rt (9:00), Rpt (6:00)
5,6 Cross Rt over Lt, Step Lt to Lt
7&8 Step Rt behind Lt, Step Lt to Lt, Cross Rt over Lt (6.00)

[49-56] □ Side Rock Step, Side Rock, Crossing Shuffle, Side Rock

1,2& Rock Lt to Lt, Recover weight Rt, Step Lt beside Rt
3,4 Rock Rt to Rt, Recover weight Lt
5&6 Cross Rt over Lt, step Lt to Lt, Cross Rt over Lt
7,8 Rock Lt to Lt, Recover weight Rt

[57-64] □ Cross-Back Kick X2, Walk Back Lt Rt, Coaster Step

1-2 Step Lt behind Rt while bending Lt knee, Kick Rt diagonally Rt

3-4 Step Rt behind Lt while bending Rt knee, Kick Lt diagonally Lt
5-6 Step Lt back, step Rt back
7&8 Step Lt back, step Rt next to Lt, step Lt fwd

TAG: happens after the 5th wall, facing 6:00. Bring hands up at respective sides 4 counts and down 4 counts.

Ending: Step Rt forward and pivot 1/2 left to face the front wall.

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