

Work It

32 Count, 4 Wall, Intermediate

Choreographer: MT Groove (UK) Dec 08

Choreographed to: Work by Kelly Rowlands

Start on vocals

Ball Rock Recover, Ball Cross, Step Back, Side Touch, ¼ Step, ¾ Spin.

&1-2 Step on ball of R, Rock L to L side, Recover R. Pop shoulders L, R as you rock recover.

&3-4 Step on L, Cross R over L, Step back on L (stick out your butt a little).

5-6 Step R to R side, Touch L next to R.

7-8 Make ¼ turn L step on L, Spin ¾ turn L bring feet together. Weight R (12.00).

RESTART here DURING wall 4 facing 3 o'clock. Drop the & count and start from count 1.

Out Out Look, Hip Circle, Dip X2 Straighten, Walk Back R,L.

&1-2 Step out L, R, (&1), Sharp look R.

3-4 Circle hips a full circle anti-clockwise (your head is still looking R).

& (With feet still apart from count &1) dip/bend knees.

5 Dip/bend knees again going a little further down.

6 Straighten up bringing L foot to R and return your head to centre.(weight L).

7-8 Step back R pop L knee forward, Step back L pop R knee forward.

Arm movement for count 7- 8 extend L arm forward & towards R diagonal at shoulder height palm face down(7), move it across to L diagonal(8)

Your R hand rests on top of R leg (groin) during these 2 counts.....you know the style!!!

RESTART here DURING wall 9 facing 3 o'clock.

Sweep Behind ¼ Step Together, Box Arms, Ball Step ¼ Pivot, Run L,R,L.

1&2 Sweep R behind L, Make ¼ turn L step forward L, Step R next to L. (9.00)

& Bring arms up bent at elbows, fist clenched, chest height L on top of R (&)

3 Keep arms as they are and move arms slightly to L(3)

&4 Now move arms slightly down (&) Now move arms back to centre (4)
(you've almost completed a box shape).

&5-6 Step on ball of L, Step forward R, Pivot ¼ turn L bring L to R (weight R).

7&8 Run L, R, L. (6.00).

Leg Swing ¼ Turn Cross, ¼ ½ Step, Hitch R Sailor ¾ Cross, Back Together Side.

1 Raise up on ball of L as you swing a straight R leg around ¼ turn L.

2 Cross R over L.

3&4 ¼ turn R, step back on L, ½ turn R step forward R, Step forward L.

&5&6 Hitch R(&) Sailor ¾ sailor turn R step R,L,R. finish with R crossed over L (9.00).

7&8 Step back L, Step R next to L, Step L to L side. (9.00).

Note: DURING section 3, counts &3&4 there is no footwork just armology!!!

Start over & enjoy