

## Work It Out

64 Count, 2 Wall, Intermediate

Choreographer: Nathan Gardiner (Scotland) Dec 2013

Choreographed to: Work Bitch by Britney Spears

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Intro: 32 count intro

- 1 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
- 2 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
- 3 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
- 4 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
- 5 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
- 6 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
- 7 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
- 8 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