

Work It Out

48 Count, 2 Wall, Intermediate

Choreographer: Pat Stott (UK) January 2014

Choreographed to: One Of These Days by Shane Filan,

CD: You And Me (iTunes)

16 count intro (approx 9 seconds)

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

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)

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

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

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

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

**** Restart 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.