Work This Body

32 Count, 4 Wall, Improver
Choreographer: Hayley Wheatley (UK) Mar 2016 Choreographed to: Work This Body by Walk The Moon

Album: Talking Is Hard

## Intro: 16 Counts (Start on vocals)

Restart: On Wall 4 facing 6:00
Tag: At the end of wall 10
Section 1 Side Step, Touch, Coaster Step, Rock Forward, Recover, Shuffle $1 / 2$ Turn Right
1-2 Step right foot to right side, Touch left foot next to right
3\&4 Step back on left foot, step right foot next to left, step forward on left foot
5-6 Rock forward onto right foot, recover onto left
$7 \& 8 \quad$ Shuffle $1 / 2$ turn right stepping R, L, R (6:00)
Section 2 Heel Switches, Double Knee Pop, Heel Switches, Double Knee Pop (Or Hip Rolls)
1\&2\& Tap left heel forward, step back onto left foot, tap right heel forward, step right foot to right side
3-4 Bring Both knees inward to meet eachother, bring both knees apart
5\&6\& Tap left heel forward, step back onto left foot, tap right heel forward, step right foot to right side
7-8 Bring Both knees inward to meet eachother, bring both knees apart
Harder alternative (2 double pops): Bring knees together and apart twice
NB: If the knee pops don't feel natural, they can be replaced with hip rolls circling CCW (or hip bumps)

Section 3 Cross Step, Step Back, Step $1 / 4$ Turn, Drag, Rocking Chair
1-2 Cross left foot over right, step back on right foot,
3-4 Making $1 / 4$ turn left step left foot to left side, drag right foot to touch beside left Restart here during wall 4
5-6 Rock back onto right foot, recover onto left
7-8 Rock forward onto right foot, recover onto left (3:00)

| Section 4 | Step Back Right, Touch Left Toe Back, Look Back, Shuffle Half, Cross Step, Step Back |
| :--- | :--- |
| $1-2$ | Step back on right foot, touch left toe behind |
| $3-4$ | Open body to left and look $1 / 4$ turn left keeping weight on ball of right foot, <br> straighten body back to $3: 00$ (weight on right) |
| $5 \& 6$ | Shuffle $1 / 2$ turn left stepping L,R,L <br> Cross right foot over left, step back on left foot |
| $7-8$ | At the end of wall 10 the music fades into a "fake ending". <br> Tag: |
| During music break perform the following: <br> Cross Right foot over left |  |
| $\mathbf{2 - 4}$ | Unwind $1 / 2$ turn left over 3 counts |

Restart the dance again facing 6:00

