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Work This Body 32 Count, 4 Wall, Improver

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 1-2 Side Step, Touch, Coaster Step, Rock Forward, Recover, Shuffle ½ Turn Right Step right foot to right side, Touch left foot next to right Step back on left foot, step right foot next to left, step forward on left foot Rock forward onto right foot, recover onto left Shuffle ½ turn right stepping R, L, R (6:00) | |
|--|---|
| Section 2 1&2& Tap left heel forward, step back onto left foot, tap right heel forward, step right foot to right signs Both knees inward to meet eachother, bring both knees apart Tap left heel forward, step back onto left foot, tap right heel forward, step right foot to right signs Both knees inward to meet eachother, bring both knees apart 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 ¼ Turn, Drag, Rocking Chair | |
| 1-2 Cross left foot over right, step back on right foot, | |
| 3-4 Making ½ 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) | |
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| 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, straighten body back to 3:00 (weight on right) | |
| 5&6 Shuffle ½ turn left stepping L,R,L | |
| 7-8 Cross right foot over left, step back on left foot | |
| | |
| Tag: At the end of wall 10 the music fades into a "fake ending". | |
| During music break perform the following: 1 Cross Right foot over left | |
| 2-4 Unwind ½ turn left over 3 counts | |

Restart the dance again facing 6:00