

Work That Body (Show Me What You Got)

32 Count, 4 Wall, Improver

Choreographer: Adrian Churm (UK) Mar 2016

Choreographed to: Work This Body by Walk The Moon

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- Section 1** **Walk Forward, Shuffle Forward, Rock Step, Coaster Step**
1 – 2 Walk forward right, left.
3&4 Shuffle forward R,L,R
5 – 6 Rock forward with left foot, recover back onto right.
7&8 Making a slight turn left, step left foot back, close right to left, step left foot forward.
- Section 2** **Weave Left, Point To Side, Across, Side, Sailor Turn ¼ Left**
1 – 2 Step right foot across left, step left foot to the side,
3 – 4 Step right behind left, point left out to the side, (angle body to right).
5 – 6 Step left foot across right, step right foot to the side.
7&8 Making a ¼ turn left as you step left behind right, right foot to the side, step left foot forward.
- Section 3** **Body Wind ½ Right (Or Paddle Turns), Forward Rock, ½ Turn Shuffle**
1 – 2 Small step forward with right, make a ¼ turn left as you roll hips back & around to right
(or paddle turn left).
3 – 4 Small step forward with right, make a ¼ turn left as you roll hips back & around to right
(or paddle turn left).
Restart here on wall 4 only facing 12 o'clock
5 – 6 Rock forward onto right, recover back onto left (prepare to turn right)
7&8 Shuffle a ½ turn around to the right R.L.R
- Section 4** **Full Turn Right, Shuffle Forward, Pivot ½ Turn, Kick, Heel Jack.**
1 – 2 ½ turn right (left ends foot back), ½ turn right (right foot ends forwards) easy option walk forward.
3&4 Shuffle forwards L,R,L
5 – 6 Step right foot forward, make a ½ turn left (weight ends on left)
7&8 Kick right forward, step right back, touch left heel forward.
& Close left foot next to right
- Restarts & Tags**
Wall 4 **When facing 12 o'clock**
Restart: **After count 4 of section 3**
- Tag:** **End of wall 10 when music stops do as follows (facing 6 o'clock)**
1 – 2 **Step right foot forward and out to the side, step left foot forward and out to the side.**
3 – 4 **Step right foot back in place, step left foot next to right.**
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