

Work Song

48 Count, 0 Wall, Advanced (Phrased)

Choreographer: Klara Wallman (SE), Guyton Mundy (USA), Roy

Hadisubroto (NL) & Fred Whitehouse (UK) Apr 2016

Choreographed to: Work From Home by 5th Harmony

Pattern of Dance ABABBABB first 16 of A

A Pattern: 32 counts

- A[1-8] Step With Sweep Into Cross Over With $\frac{1}{4}$, Full Unwind, Back With Flick, $\frac{1}{2}$ Turn With Point, Step Down, Rock/Recover, Back $\frac{1}{2}$, $\frac{1}{2}$, Back, Together**
- 1-2 step slightly forward on left as you sweep right around making a $\frac{1}{4}$ turn to the left, cross right over left as you unwind a full turn sweeping left around
- 3 a 4 step down on left as you flick right leg back, make a half turn pivot over right shoulder as you point right forward, step down on right
- 5&6 rock forward on left, recover on right, step back on left
- &7 make a $\frac{1}{2}$ turn over right as you step forward on right, make a $\frac{1}{2}$ turn to right as you step back on left
- a8 step back on right, step together with left
- A[9-16] Cross Over, Point, Hitch, Cross, Side Rock Recover, $\frac{1}{4}$, (arms) Out, Out, Together, In, Up, Down, Out, Hit, Hit**
- 1a2 cross right over left, slightly point left forward, hitch left up
- &3a4 cross left over right, rock right to right, recover on left as you make a $\frac{1}{4}$ turn to left, step forward on right
- 5&a6 extend right arm forward and slightly out to right, extend left arm forward and slightly out to left, bring palms together, bring right palm to face with fingers on forehead as you raise your head (sort of like looking up slightly) as your left hand slides down the back of the right arm to the elbow lower head as your left hand slides up to the back of your right hand, look slightly to the right as you let go with you left hand leaving it where it is and take right elbow out and slightly up to right while keeping index and middle fingers on forehead
- a7 turning your head down and to the left slightly while bringing elbow down in the same direction, repeat. This should be a pulse. Down slightly then down slightly again.
- 8a
- A[17-24] Cross With Sweep, Cross, $\frac{1}{4}$. $\frac{3}{8}$ With Heel Stretch, Drag, Rock Behind, Recover, Walk X 2, $\frac{1}{8}$, $\frac{1}{4}$, Full**
- 1-2& step forward on left as you sweep right around in front of left, cross right over left, make a $\frac{1}{4}$ turn to right as you step back on left,
- 3a4 make a $\frac{3}{8}$ of a turn over right as you extend right foot out forward flexing right foot with heel on the floor, recover weight back on to left, pull right foot back and touch back behind left
- 5-6& step forward on right, cross left over right as you make an $\frac{1}{8}$ of a turn to left, step right to right and slightly back
- 7-8 make a $\frac{1}{4}$ turn to the left as you step forward on left, as soon as you step down on left make a full turn over left for those 2 counts
- A[25-32] Triple Full Into Hitch, Rock/Recover, $\frac{1}{4}$ Sway, Sway, $\frac{1}{4}$ Back, Back, $\frac{1}{4}$ Out, Arm Hits**
- 1&2 step forward on right, make a $\frac{1}{2}$ turn over right stepping back on left, make a $\frac{1}{2}$ turn over right stepping forward on right as raise up slightly on the ball of right as you hitch left up slightly
- 3a4 rock forward on left, recover back on to right, make a $\frac{1}{4}$ turn to left as you sway to left
- 5&6 sway to right, make a $\frac{1}{4}$ turn to right as you step back on left, step back on right
- &7&8 make a $\frac{1}{4}$ turn to left as you step left out to left as you extend right arm out to right and slightly down, step right out slightly to right as you extend left arm out to left side and slightly down, (note each time you do the next &8 you will do different each time. The first is bringing hands to mouth and blow a kiss. Right hand into lips with the left hand on back of right for count &, take hands away from mouth both hands going to either side. 2nd time. Hands will come to both sides of the head for &, then up and out away from head. 3rd time hands will come up to mouth, palms facing into you with fingertips closed, then bring hands away from mouth while opening up fingertips.

B pattern: 16 counts

B[1-8] Arm Raise With Leg Lift, Together, Back, Out, Full, Out With Arm Hits, Back Back Into Knee Drop

- 1&2 step forward slightly on left as you extend right leg forward with foot flexed (almost like a kick) as you bring both arms slightly up from either side with palms open and facing upward as you lower head slightly with a small body collapse, step right next to left as you raise back up bringing arms back down to sides(do not take weight all onto right foot as you will step back on it) . Hold
- &3-4 take a big step back on right as you extend right arm up and forward, step back on left, step right to right as you make a full turn over right shoulder
- 5&6 step left out to left as you bring right hand to left shoulder and left hand to right shoulder, take right hand over to right shoulder as you take left over to left shoulder, bring both hands down to either side with wrist flexed so palms are open and facing down as you look down
- 7&8 (2 Options for this section)
Option 1....Step back on right, step back on left as you as you start to lower upper body down, drop down to right knee as you lower chest and head down and both hands touch the floor on either side.
Option 2.... Step back on right, step back on left, step back on right as you lower head and upper body slightly and take both hands out and down to either side

B[9-16] Point, Point, Cross, Shoulder Grab With Lift, Double Pump, Raise, Walks X3

- 1&2 point right hand across to left touching floor... or if just standing just cross point down and to left with right hand, point left hand across to left touching floor... or if standing do the same as before but this time with other hand.. dragging fingertip across floor, bring right hand back to right and out slightly and left to left and out slightly. If standing you should know what to do... LOL
- &3&4 bring right hand to right upper chest, like your grabbing it, bring right should up slightly, pulse right should down twice. Like something is trying to pull you down
- 5-6 start to raise up on left foot keeping head down dropping right arm down (if you did not go to right knee just raise up slowly), walk forward on right
- 7-8 walk forward on left, walk forward on right as you raise head.