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## Work This Body

32 Count, 4 Wall, Beginner

Choreographer: David Ackerman (UK) Jul 2016

Choreographed to: Work This Body by Walk The Moon

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**Count In: 16 Counts From Beginning Of Track.**

**Section 1: Kick, Out, Out, Arm Pumps, Sailors LR**

1&2 Kick R low in front, Step R to right side, Step L to left side  
3,4 Pull arms up and back so they are parallel with the floor bent at the elbows (3). Rotate arms up making a goal post with arms as if you are showing off your muscles (4)  
**(Hint: On count 4 make sure your weight is on the R)**  
5&6 Step L behind R, Step R to right side, Step L to left side  
7&8 Step R behind L, Step L to left side, Step R to right side

**Section 2: 2 Points L, Sailor L, 2 Points R, Sailor R**

1,2 Tap L forward, Tap L to left side  
3&4 Step L behind R, Step R to right side, Step L to left side  
5,6 Tap R forward, Tap R to right side  
7&8 Step R behind L, Step L to left side, Step R to right side

**Section 3: Walk LR, L Shuffle, 2 ¼ Pivots With Hips**

1,2 Step L forward, Step R forward  
3&4 Step L forward, Step R next to L, Step L forward  
**\*Restart here on wall 4 facing 3:00**  
5,6 Step R forward, Pivot ¼ left moving hips counter clockwise  
7,8 Step R forward, Pivot ¼ left moving hips counter clockwise

**Section 4: Cross, Side, Behind-Side-Cross, Rock, ¼ Turn, L Shuffle**

1,2 Cross R over L, Step L to left side  
3&4 Step R behind L, Step L to left side, Cross R over L  
5,6 Rock L, Recover R making a ¼ turn right  
7&8 Step L forward, Step R next to L, Step L forward

**Tag: Pose But Look Lost For 4 Counts At The End Of Wall 10 Facing 9:00.**

1-4 You will hit count 32 of the dance and you may freeze or strike a pose but, while you do, you look around lost. This is a false ending to the song. Make sure your weight is on L by count 4 to start the dance again with the kick with the R

**\*Restart: Happens On Wall 4 After 20 Counts. You Will Be Facing 3:00**