

“Work It Out”

Intermediate 4 Wall Line Dance (40 Counts + Restart & Tags)

Choreographer: Robbie McGowan Hickie (UK) www.robbiemh.co.uk

Choreographed To: “Can’t Touch It” by Rickie-Lee (102 bpm...24 Count intro – Start on Vocals)
CD...“Sex And The City 2 – Soundtrack” ... Also available on Download www.legalsounds.com

2 x Walks Forward. Ball-Step. Right Mambo Forward. 2 x Walks Back. Left Coaster Cross.

- 1 – 2 Walk forward on Right. Walk forward on Left.
&3 Step ball of Right beside Left. Step forward on Left.
4&5 Rock forward on Right. Rock back on Left. Step back on Right.
6 – 7 Walk back on Left. Walk back on Right.
8&1 Step back on Left. Step Right beside Left. Cross step Left over Right.

Option: *Counts 6 – 7 above ... Push both hands Up and Out to Left side. Push hands up to Right side.*

Side Step Right. Back Rock & Side. Cross. Unwind Full Turn Right. Hip Bumps.

- 2 *Long* step Right to Right side – dragging Left towards Right.
3&4 Rock back Left behind Right. Rock forward on Right. Step Left to Left side.
5 – 6 Cross Right behind Left. Unwind Full turn Right. (Weight on Right)
7&8 Step Left to Left side Bumping hips Left. Bump hips Right. Bump hips Left. *****(Restart Point + Tag)*****

Right Mambo Back. Hip Bumps Forward. 1/2 Turn Right Hip Bumps Forward. 1/4 Turn Right. Touch.

- 1&2 Rock back on Right. Rock forward on Left. Step forward on Right.
3&4 Step forward on Left, Bumping hips forward. Bump hips back. Bump hips forward.
5&6 Make 1/2 turn Right Bumping hips forward. Bump hips back. Bump hips forward.
7 – 8 Make 1/4 turn Right stepping Left *Long* step to Left side. Touch Right toe behind Left heel.

Ball-Cross. Side. Left Sailor 1/2 Turn Left. Ball-Step. Pivot 1/2 Turn Right. Left Shuffle 1/2 Turn Right.

- &1 – 2 Step ball of Right beside Left. Cross step Left over Right. Step Right to Right side. *(9 o'clock)*
3&4 Cross Left behind Right making 1/2 turn Left. Step Right to beside Left. Step forward on Left.
&5 – 6 Step ball of Right beside Left. Step forward on Left. Pivot 1/2 turn Right.
7&8 Left shuffle forward making 1/2 turn Right stepping Left. Right. Left. *(3 o'clock)*

& Heel. Hook. Left Lock Step Forward. Forward. Together. Back. Left Shuffle 1/2 Turn Left.

- &1 – 2 Step back on Right. Dig Left heel forward. Hook Left heel across Right shin.
3&4 Step forward on Left. Lock step Right behind Left. Step forward on Left.
5&6 Step forward on Right. Step Left beside Right. Step back on Right.
7&8 Left shuffle making 1/2 turn Left stepping Left. Right. Left. *(9 o'clock)*

Start Again

Tag 1: *End of Wall 2 (Facing 6 o'clock)*

Forward Rock. Triple Full Turn Right. Left Mambo Forward. Back. Together.

- 1 – 2 Rock forward on Right. Rock back on Left.
3&4 Right triple step *(on the spot)* making Full turn Right stepping Right. Left. Right.
5&6 Rock forward on Left. Rock back on Right. Step back on Left.
7 – 8 Step back on Right. Slide/Step Left beside Right. (Weight on Left) *(Facing 6 o'clock)*

Restart: *Dance to Count 16 of Wall 5 (Facing 12 o'clock) – Add On Tag 2 – Then start from the Beginning*

Tag 2: Back Rock & Side. Cross. Side. Left Sailor 1/4 Turn Left. Cross. Unwind 3/4 Turn Left.

- 1&2 Rock back on Right. Rock forward on Left. Step Right to Right side.
3 – 4 Cross step Left over Right. Step Right to Right side.
5&6 Cross Left behind Right making 1/4 turn Left. Step Right beside Left. Step forward on Left.
7 – 8 Cross Right over Left. Unwind 3/4 turn Left. (Weight on Left) *(Facing 12 o'clock)*