

Work It Out ()

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Count: 40 **Wall:** 4 **Level:** Intermediate

Choreographer: Robbie McGowan Hickie, UK (June 10)

Music: Can't Touch It by Rickie-Lee (CD: Sex And The City 2 [102bpm])

24 Count

intro - Start on Vocals 24

2x Walks Forward. Ball-Step. Right

Mambo Forward. 2x 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. 6-7 □□□□□□ , □□□□

□□

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.

□□□ , □□ , □□□□ , □ 1/4□□□ , □□

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. □□ 180□□□□□□ , □□□ , □□□

7-8

Make 1/4 turn Right stepping Left Long step to Left side. Touch Right

toe behind Left heel. □□ 90□□□□□□□□ , □□□□□□□□

□□□

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)

□□□□ , □□□□□□□□ , □□□□ (□□ 9□□)

3&4

Cross Left behind Right making 1/2 turn Left. Step Right to beside Left.

Step forward on Left.

□□ 180□□□□□□□□ , □□□□ , □□□□

&5-6

Step ball of Right beside Left. Step forward on Left. Pivot 1/2 turn

Right. □□□□ , □□□□ , □□□□ 180□

7&8

Left shuffle forward making 1/2 turn Right stepping Left. Right. Left. (3

o'clock) □ 180□□□□ -□ , □ , □ (□□ 3□□)

mso-font-kerning:0pt">□□□

mso-font-kerning:0pt">

mso-font-kerning:0pt">& Heel. Hook. Left Lock Step Forward. Forward.

Together. Back. Left Shuffle 1/2 Turn Left.

mso-font-kerning:0pt">□ □□

mso-font-kerning:0pt">, □ , □□□ , □

□ □ , □□□

&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) □ 180□□□□ -□ , □ , □ (□□ 9□□)

TAG 1: END

of Wall 2 (Facing 6 o'clock) □□□□ (□□ 6□□)□□□□

mso-font-kerning:0pt">

mso-font-kerning:0pt">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) □□□□ , □□□□ (□□□□)(□□ 6□□)

RESTART:

Dance to Count 16 of Wall 5 (Facing 12 o'clock) - ADD On TAG 2 - Then

start from the Beginning □□□□□□□□□□ 12□□ , □□ 8□□ , □□□□

TAG 2:

mso-font-kerning:0pt">Back Rock & Side. Cross. Side. Left Sailor 1/4 Turn

Left. Cross. Unwind 3/4 Turn Left. □□□

□□ □□ , □□ □□ , 1/4

mso-font-kerning:0pt">□□□

mso-font-kerning:0pt">, □□

□□ 3/4

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.

□□ 90□□□□□□□□□□ , □□□□ , □□□□

7-8

Cross Right over Left. Unwind 3/4 turn Left. (Weight on Left) (Facing

12 o'clock)

□□□□□□□□□□ , □□□□ 270□ (□□□□□□) (□□ 12□□)

Source: LineDance.com — https://www.linedance.com/index.php?f=dance_view&id=10432