

# Work This Out

LINEDANCE.COM

**Count:** 40

**Wall:** 4

**Level:** Intermediate

**Choreographer:** Angela Rushing (USA) Oct '07

**Music:** Live Wherever You Are by Jack Ingram

**Or: Doctor Pressure by Gloria Estefan - Essential)**

**Dance starts: 57 count intro (start on the word "I really")**

**MAMBO FWD, MAMBO BACK, R-CROSS, ROCK, ¼ CHASSE RIGHT**

- 1-2** Rock right forward, recover on right, step left back
- 3-4** Rock left back, recover on left, step right forward
- 5-6** Cross rock right over left, making ¼ turn to right
- 7-8** Step right to right side, close left beside right, step right to right side

**KICK BALL CHANGE 2X, WALK FWD 2X, SIDE SWITCHES**

- 1-2** Kick right foot forward, rock back onto right with ball of right foot, recover weight onto left
- 3-4** Repeat 1&2
- 5-6** Walk forward – right, left
- 7** Touch right toe to right, step right next to left
- 8** Touch left toe to left side, step left next to right

**HIP BUMPS, ROCK BACK, RECOVER 2X**

- 1-2** Bump hips to the right twice (twisting arms circular motion towards right)
- 3-4** Bump hips to the left twice (twisting arms circular motion towards left)
- 5-6** Rock right backward, recover onto left
- 7-8** Repeat 5&6

**SHUFFLES, SWAY 4X**

- 1-2** Shuffle right foot fwd – right, left, right
- 3-4** Shuffle left foot fwd – left, right, left
- 5-6** Step right to right swaying hips right, sway hips to left
- 7-8** Repeat 5&6

## **STEP, TOUCH, CROSS STEPS, LOCK 2X**

- 1-2** Step back right foot, touch left foot next to right
- 3-4** Cross step right over left, cross step left over right
- 5-6** Step right back, lock left over right, step right back
- 7-8** Step left back, lock right over left, step left back

**Begin again.**

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Source: LineDance.com — [https://www.linedance.com/index.php?f=dance\\_view&id=73834](https://www.linedance.com/index.php?f=dance_view&id=73834)