

# Work It Out

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**Count:** 48

**Wall:** 2

**Level:** Intermediate

**Choreographer:** Pat Stott (Jan 2014)

**Music:** One of These Days by Shane Filan. cd: "You and Me" - also iTunes

## 16 count intro (approx 9 seconds)

### Section 1: Forward mambo, back mambo, side rock cross, side rock, cross

**1&2.** Rock forward on right, recover on left, step back on right

**3&4.** Rock back on left, recover on right, step forward on left

**5&6.** Rock right to right, recover on left, cross right over left

**7&8.** Rock left to left, recover on right, cross left over right

**Note:** turn body to left diagonal 5&6, then right diagonal 7&8

### Section 2: Sway, sway with hitch, chasse with 1/4 right, rock forward, recover, 1 & 1/2 turning shuffle left

**1-2.** Step right to right & sway hips to right, sway hips to left & hitch right knee

**3&4.** Step right to right, close left to right, turn 1/4 right stepping forward on right

**5-6.** Rock forward on left, recover on right

**7&8.** Turn 1/2 left stepping forward on left, turn 1/2 left stepping back on right, turn 1/2 left stepping forward on left (easier option shuffle 1/2 left)

### Section 3: Rumba box x2 gradually turning 1/2 right

**1&2.** Right to right, close left to right, 1/4 right stepping forward on right

**3&4.** Left to left, close right to left, step back on left turning 1/8th right

**5&6.** Right to right, close left to right, 1/8th right stepping forward on right

**7&8.** Left to left, close right to left, step back on left

### Section 4: Side, recover, behind, side, cross, side, recover, behind, 1/4 turn, forward

**1-2. Rock right to right, recover on left**

**3&4. Cross right behind left, left to left, cross right over left**

**5-6. Rock left to left, recover on right**

**7&8. Step left behind right, turn 1/4 right stepping forward on right, forward on left**

**Section 5: Right foot forward, raise & lower right heel, left foot forward, raise & lower left heel, 1/2 pivot, shuffle forward**

**1&2. Place right foot forward (keeping weight on left, raise & lower right heel**

**(transferring weight onto right as the heel is lowered)**

**3&4. Place left foot forward (keeping weight on right), raise and lower left heel**

**(transferring weight onto left as the heel is lowered)**

**5-6. Step forward on right, pivot 1/2 to left transferring weight to left**

**7&8. Step forward on right, close left to right, step forward on right**

**Section 6: Prissy walks forward, step, bounce heels 1/2 right, bounce heels 1/2 turn left, step forward, 1/2 pivot left**

**1-2. Prissy Walks forward - left, right (or just 2 walks forward)**

**3&4** Step forward on left, Raise and lower both heels x 2 turning 1/2 right

**5&6. Raise and lower both heels x3 turning 1/2 left transferring weight to left**

**7-8. Step forward on right, 1/2 pivot left transferring weight onto left**

**TAG: \*\* During wall 6**

**Dance up to 1&2 of section 3 (rumba box)**

**replace 3&4 with - chasse to the left (facing 6 o'clock)**

**Restart from beginning of dance**

**Ending: Dance 1 -4 of Section 3 (to face 12 o'clock), large step to right and hold**

**Contact: patstott1@icloud.com**

**Last Revision - 23rd Jan 2014**

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Source: LineDance.com — [https://www.linedance.com/index.php?f=dance\\_view&id=96338](https://www.linedance.com/index.php?f=dance_view&id=96338)