

**Count:** 32                      **Wall:** 2                      **Level:** Phrased Intermediate

**Choreographer:** Ra'Chel Fowler (Sept 2014)

**Music:** Missy Elliott - Work It (Ian Munro Remix)

## **Pattern: AA, BB**

### **PART A - 16 counts**

**SHA'RON, TWO STEPS, ¼ TURN LEFT, SHARON, TWO STEPS, TAP, WALK BACK, COASTER, ½ TURN LEFT**

**1-2&**            Step up right, followed with left behind right, step right

**3-4**            Step up with right foot followed by left

**5-6&¼ turn left - step left, step right behind left, step left**

**7-8step up with left foot followed by right**

**1-2**            Tap up with right foot, step back with right foot

**3-4&**            Step back with left, right coaster (hop back on right foot, tap left)

**5-6**            Tap right foot out, recover

**7-8**            Place left foot behind right ½ turn left

## **REPEAT**

### **PART B - 16 counts**

**MR. QUICK ½ TURN RIGHT, STEP UP, SLIDE BACK FULL TURN LEFT**

**1-2**            Step up with right foot, lift right leg

**3-4**            Move right foot forward in slow motion

**&5-6**            Tap left foot down, tap right foot out (say "And WERK), recover right

**7-8**            Place left foot behind right ½ turn left

**1-2**            Step up with right foot followed by left

**3-4freestyle**

**5-6freestyle**

**7-8** Place left foot behind right ½ turn left

**START OVER**

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