

# Work Your Body

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**Count:** 64

**Wall:** 4

**Level:** Intermediate

**Choreographer:** Dee Musk (UK) July 2014

**Music:** Heavy Rotation by Anastacia. Album: Heavy Rotation.

**32 Count Intro - Approx 14 seconds - Track approx 3 mins 26 secs**

**Track available from [iTunes.co.uk](https://www.itunes.co.uk) [deemusk@btinternet.com](mailto:deemusk@btinternet.com) Dee - 07814 295470**

**Side Touch, Point  $\frac{1}{4}$  Turn R, Point Cross, Side Rock.**

- 1,2 Step L to L side, touch R toe across L.
- 3,4 Point R toe to R side, make a  $\frac{1}{4}$  turn R stepping R beside L.
- 5,6 Point L toe to L side, cross L over R.
- 7,8 Rock R to R side, recover weight to L. (3 o'clock).

**Behind Side, Cross Shuffle, Side Rock, Behind Point.**

- 1,2 Step R behind L, step L to L side.
- 3&4 Cross R over L, step L to L side, cross R over L.
- 5,6 Rock L to L side, recover weight to R.
- 7,8 Step L behind R, point R to R side. (3 o'clock).

**Cross Hitch, Weave R, Cross Shuffle.**

- 1,2 Cross R over L, hitch knee L over R.
- 3-6 Cross L over R, step R to R side, step L behind R, step R to R side.
- 7&8 Cross L over R, step R to R side, cross L over R. (3 o'clock).

**Hinge  $\frac{1}{2}$  Turn L, Cross Rock, Side Hold, Ball Side Touch.**

- 1,2 Make a  $\frac{1}{4}$  turn L stepping back on R, make a  $\frac{1}{4}$  turn L stepping L to L side.
- 3,4 Cross rock R over L, recover weight to L.
- 5,6 Step R to R side, hold count 6.
- &7,8 Step L beside R, step R to R side, touch L beside R.\*\*Restart during wall 5\*\* (9 o'clock).

**$\frac{1}{4}$  Turn L Hold, Ball  $\frac{1}{4}$  Turn L Cross,  $\frac{1}{4}$  Turn R, Step  $\frac{1}{2}$  Turn R, Forward Rock.**

- 1,2 Making a  $\frac{1}{4}$  turn L step forward on L, hold count 2.

- &3,4** Step R beside L, make a  $\frac{1}{4}$  turn L crossing L over R, make a  $\frac{1}{4}$  turn R stepping forward on R.
- 5,6** Step forward on L, make a  $\frac{1}{2}$  turn R.
- 7,8** Rock forward on L, recover weight to R. (12 o'clock).

**Back Rock,  $\frac{1}{4}$  Turn L Cross Point,  $\frac{1}{2}$  Turn R Cross Point, Cross Back.**

- 1,2** Rock back on L, recover weight to R.
- 3,4** Make a  $\frac{1}{4}$  turn L crossing L over R, point R to R side.
- 5,6** Make a  $\frac{1}{2}$  turn R crossing R over L, point L to L side.
- 7,8** Cross L over R, step back on R. (3 o'clock).

**Side, Touch Ball Cross  $\frac{1}{4}$  Turn R, Step  $\frac{1}{2}$  Turn R, Step  $\frac{1}{4}$  Turn R.**

- 1** Step L to L side.
- 2&3** Touch R beside L, step R to R side, cross L over R.
- 4** Make a  $\frac{1}{4}$  turn R stepping forward on R.
- 5,6** Step forward on L, make a  $\frac{1}{2}$  turn R.
- 7,8** Step forward on L, make a  $\frac{1}{4}$  turn R. (3 o'clock).

**Cross Hold, Side Rock Cross, Weave L.**

- 1,2** Cross L over R, hold count 2.
- &3,4** Rock R to R side, recover weight to L, cross R over L.
- 5-8** Step L to L side, step R behind L, step L to L side, cross R over L. (3 o'clock).

**Restart during wall 5, dance up to and including count 32 - begin again facing 9 o'clock wall.**