

# Work It Out

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**Count:** 64

**Wall:** 2

**Level:** Intermediate

**Choreographer:** Nathan Gardiner (Scotland - Dec 2013)

**Music:** Work Bitch by Britney Spears

## **Intro: 32 count intro**

### **S1: ROCK RECOVER, BEHIND SIDE CROSS, ROCK RECOVER SAILOR 1/4 TURN LEFT**

**1-2**rock out to right side, recover on left

**3&4**step right behind left, step left to left side, cross step right over left

**5-6**rock out on left, recover on right

**7&8**1/4 left stepping back on left, step right to right side, step left to left side

### **S2: ROCKING CHAIR, SHUFFLE FORWARD, ROCK RECOVER**

**1-4**rock forward right, recover on left, rock back on right, recover on left

**5&6**step forward on right, step left next to right, step forward on right

**7-8**rock forward on left, recover on right

### **S3: FULL TURN BACKWARDS, ROCK RECOVER, KICK BALL POINT, KICK BALL POINT**

**1-2**1/2 turn left stepping forward on left, 1/2 turn left stepping back on right

#### **Option: walk back left, right**

**3-4**rock back on left, recover on right

**5&6**kick left foot forward, step left next to right, point right toe out

**7&8**kick right foot forward, step right next to left, point left toe out

### **S4: CROSS ROCK RECOVER, CHASSE LEFT, JAZZ BOX CROSS**

**1-2**cross rock left over right, recover on right

**3&4**step left to left side, step right next to left, step left to left side

**5-8cross step right over left, step back on left, step right to right side, cross step left over right**

### **S5: 1/2 MONTEREY X2**

**1-4point right toe out, step right next to left, 1/2 turn right pointing left toe out, step left next to right**

**5-8point right toe out, step right next to left, 1/2 turn right pointing left toe out, touch left next to right**

### **S6: CHASSE LEFT, ROCK RECOVER, POINT, HOLD, POINT, HOLD**

**1&2step left to left side, step right next to left, step left to left side**

**3-4rock back on right, recover on left**

**5-6&point right toe out, hold, step right next to left**

**7-8&point left toe out, hold, step left next to right**

### **S7: HEEL SWITCHES RIGHT & LEFT, ROCKING CHAIR, STEP PIVOT 1/4 LEFT**

**1&2&touch right heel forward, step right next to left, touch left heel forward, step left next to right**

**3-6rock forward on right, recover on left, rock back on right, recover on left**

**7-8step forward on right, pivot 1/4 turn left**

### **S8: JAZZ BOX CROSS, STEP TOUCH, STEP TOUCH**

**1-4cross step right over left, step back on left, step right to right side, cross step left over right**

**5-8step right to right side, touch left next to right, step left to left side, touch right next to left**

**Ending: During wall 7 dance up to count 56 step pivot half left.**

**Start Again.....Happy Dancing**

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