

# Work This Body

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**Count:** 32      **Wall:** 4      **Level:** High Improver

**Choreographer:** Hayley Wheatley (March 2016)

**Music:** "Work This Body" by Walk The Moon. album: "Talking Is Hard"

**Intro:- 16 Counts (Start on vocals)**

**Restart: On Wall 4 facing 6:00**

**Tag: At the end of wall 10**

**SIDE STEP, TOUCH, COASTER STEP, ROCK FORWARD, RECOVER, SHUFFLE ½ TURN RIGHT**

- 1-2      Step right foot to right side, Touch left foot next to right
- 3&4      Step back on left foot, step right foot next to left, step forward on left foot
- 5-6      Rock forward onto right foot, recover onto left
- 7&8      Shuffle ½ turn right stepping R, L, R (6:00)

**HEEL SWITCHES, DOUBLE KNEE POP, HEEL SWITCHES, DOUBLE KNEE POP (or Hip Rolls)**

- 1&2&      Tap left heel forward, step back onto left foot, tap right heel forward, step right foot to right side
- 3-4      Bring Both knees inward to meet eachother, bring both knees apart
- 5&6&      Tap left heel forward, step back onto left foot, tap right heel forward, step right foot to right side
- 7-8      Bring Both knees inward to meet eachother, bring both knees apart

**Harder alternative (2 double pops): Bring knees together and apart twice**

**NB: If the knee pops don't feel natural, they can be replaced with hip rolls circling CCW (or hip bumps)**

**CROSS STEP, STEP BACK, STEP ¼ TURN, DRAG, ROCKING CHAIR**

- 1-2      Cross left foot over right, step back on right foot,
- 3-4      Making ¼ turn left step left foot to left side, drag right foot to touch beside left

**Restart here during wall 4**

- 5-6 Rock back onto right foot, recover onto left
- 7-8 Rock forward onto right foot, recover onto left (3:00)

**STEP BACK RIGHT, TOUCH LEFT TOE BACK, LOOK BACK, SHUFFLE HALF, CROSS STEP, STEP BACK**

- 1-2 Step back on right foot, touch left toe behind
- 3-4 Open body to left and look 1/4 turn left keeping weight on ball of right foot, close body back to 3:00 (weight on right)
- 5&6 Shuffle ½ turn left stepping L,R,L
- 7-8 Cross right foot over left, step back on left foot (9:00)

**Tag: At the end of wall 10 the music fades into a “fake ending”. During music break perform the following:**

- 1- Cross Right foot over left
- 2-4 Unwind ½ turn left over 3 counts Restart the dance again facing 6:00

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