

Workin Day and Night

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Count: 32 **Wall:** 4 **Level:** Intermediate - Pop

Choreographer: Sobrielo Philip Gene , Singapore (July 2013)

Music: Workin' Day and Night by Michael Jackson. Album: Immortal-Michael Jackson

Intro: 48 counts for the scream. On vocals

WALK, WALK, FORWARD SHUFFLE, ROCK RECOVER 1/2, HITCH

1-2 Walk forward right (1), walk forwards left (2)

3&4 step right forward (3), step left beside right (&), step right forward (4),

5&6 Rock left forward (5), recover weight onto right (6) making ½ turn left step left forward (6)

7-8 Step right forward (7), Hitch Left beside right (8) (6.00)

SIDE ROCK CROSS, STEP TOGETHER, SIDE SHUFFLE

1&2 Rock left to left (1), recover weight onto right (&), cross left over right (2)

3&4 Rock right to right (3), recover weight onto left (&), cross right over left (4)

5-6 Step left to left (5), step right beside left (6)

7&8 Step left to left (7), step right beside left (&), step left to left (8) (6.00)

CROSS ROCK STEP, CROSS ROCK POINT, C BUMP with HAND MOVEMENT

1& Cross rock right over left (1), recover weight onto left (&)

2& Rock right back (2), recover weight onto left (&)

3& Cross rock right over left (1), recover weight onto left (&)

4 Point right to right (4)

5&6 Bump hips up to right (5), bump hips left to left (&), bump hips down to right (6)

& Bump hips centre to left (&),

7&8 Bump hips up to right (7), bump hips centre to left(&), bump hips down to right(8) (weight should be on left)

Note: When doing counts 5-8 your hips are doing a letter C, Your hands should be doing a big letter C as well, while you step your fingers on count 5,7

DIAGONAL SHUFFLE, ¼ TURN SHUFFLE KICK BALL STEP, LOOK BACK, LOOK FORWARD

- 1&2** Step right Diagonally forward (1), step left beside right (&), Step right Diagonally forward (2)(1.30)
- 3&4** Making 3/8 left step left diagonally forward(3), Step right beside left (&), step left forward(4) (9.00)

Note: Roll hands at chest level on counts 1-4

- 5&6** Kick right forward (5), step right beside left (&), step left forward (6)
- 7-8** Look back to the right (7), look front (8) (weight on left) (9.00)

Start

Restarts on walls 3,6,11 Do up to 16 counts and start the dance again.

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