

WORK IT!

LINEDANCE.COM

Count: 32

Wall: 4

Level: intermediate

Choreographer: Stephen Sunter

Music: Work It Out by Beyonce

BACK, CROSS, SIDE, BEHIND, SIDE, BACK CROSS, SIDE, BEHIND, ¼ TURN

- &1** Step left back, cross step right over left, (twist shoulders to right)
- 2-3-4** Step left-to-left side, right behind, left to left, (straightening shoulders to front)
- &5** Step right back, cross left over right, (twist shoulders to left)
- 6-7-8** Step right-to-right side, left behind, make ¼ right and step forward right, (straightening shoulders to front)

TURN ¾ TURN, SIDE, BEHIND, TURN ¼ LEFT, SIDE, BEHIND. FULL TURN, SIDE, DRAG ¼ TURN

- &** Making a ¾ turn right step ball of left next to right
- 9** Cross step right over left
- 10-11-12** Step left to left, step right behind left, make ¼ turn left and step forward left
- &13** Step right to side, lock left behind right
- 14-15** Unwind full turn left, large step right to side
- 16** Drag left toward right and make a ¼ turn left

LEFT NEXT TO RIGHT, WALK FORWARD, HIP BUMPS

- &17** Step left next to right, large step forward right, (lean shoulders back)
- 18-19** Step forward left, step right slightly out to right side
- 20** Pop right knee in
- &21** Bump hips left, bump hips right
- 22-23-24** Bump hips left, bump hips right, bump hips left

WIGGLE, ¼ TURN, STEP ½ TURN, WALK BACK, CHANGE, WALK FORWARD

&25 Bump hips right, bump hips left, bump hips right making a ¼ turn left and pop left knee

26-27-28 Step forward left, make ½ turn left and step back on right, step back left

&29 Step right next to left, large step forward left, (lean shoulders back)

30-31-32 Step forward right, step forward left, step right to right side

REPEAT

Source: LineDance.com — https://www.linedance.com/index.php?f=dance_view&id=47004