

At Work

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Count: 80 **Wall:** 1 **Level:** Phrased Intermediate

Choreographer: Ellie Hendriks – Aug 2016

Music: Work From Home. BY: 5th Harmony

Pattern of dance. AA BC AA BC AA BCC first 5 counts of A

A Pattern 32 counts

A1: Back , Coaster Step, Step, $\frac{1}{4}$ Pivot, Hold, Chasse R,

1-2&3step back on right, step back on left, step right next to left, step left forward,

4step right forward,

5&6step left forward, make $\frac{1}{4}$ turn right, cross left over right,

7-8&1 Hold, step right to the right side, step left next to right, step right to the right side,

A2: Sailor Step, Coaster Step, Scuff Hitch Point, Hold, Step, Hold, Ball Step,

2&3cross left behind right, Step right slightly to right side, step left to the side,

4&5step back on right, step left next to right, step right forward,

6&7scuff left forward, hitch with left, point left back on ball

8&1hold, step right next left, point left back on ball

A3: Step, Shuffle Fwd, Point, Cross, Point, $\frac{1}{2}$ Sailor Cross R, 2-3&4 step on left and look to the left side with you right knee a little up, step right forward, step left next to right, step . right forward,

5- 6point left to the side, cross left over right,

7point right to the side,

8&1step right behind left, Step left to left side while making $\frac{1}{4}$ turn right, cross right over left making $\frac{1}{4}$ turn right,

A4: Step, Cross Rock, Step, Cross, Turn $\frac{3}{4}$ R, Step, Rock Step, 2-3&4 step left to the side, right, cross right over left, recover on left, step right to the right side,

5-6 cross left over right, turn $\frac{3}{4}$ right weight is on your right,

7-8 step forward on left, step forward on right, recover on left,

B Pattern - 32 counts

B1: Step X4, Rolling Vine, Touch Clap

1-2-3-4 step back on right, step, step back on left, step back on right, step, step back on left, (with every step you make you lift something heavy on your right, left, right, left hand)

5-6-7-8 $\frac{1}{4}$ turn right step right forward, $\frac{1}{2}$ turn right step left backwards, $\frac{1}{4}$ turn right to the right side, touch left next to right,

B2: Step X4, Rolling Vine, Touch Clap

1-2-3-4 step forward on left, step forward on right, step forward on left, step forward on right, step, (with every step . . you make you lift something heavy on your left, right, left, right, hand)

5-6-7-8 $\frac{1}{4}$ turn left step left forward, $\frac{1}{2}$ turn left step right backwards, $\frac{1}{4}$ turn left to the left side, touch right next to left,

B3: Shuffle, $\frac{1}{2}$ Pivot, Shuffle, $\frac{1}{4}$ Pivot,

1&2 shuffle forward step right forward, step left next to right, step right forward, 3-4 step left forward, Make a $\frac{1}{2}$ turn,

5&6 shuffle forward step left forward, step right next to left, step left forward,

7-8 step right forward, make a $\frac{1}{4}$ turn left,

B4: Shuffle, $\frac{1}{2}$ Pivot, Shuffle, $\frac{3}{4}$ Pivot,

1&2 shuffle forward step right forward, step left next to right, step right forward,

3-4 step left forward, Make a $\frac{1}{2}$ turn,

5&6 shuffle forward step left forward, step right next to left, step left forward,

7-8 step right forward, make a $\frac{3}{4}$ turn left,

C pattern 16 counts

C1: Side, Touch, Side, Touch, Side Touch, Scissor Step, ½ Jazzbox,

1&2&step right to right, touch left next to right, step left to left, touch right next to left

3&4&step right to right, step together with left, step right to right, step left next to right

5-6-7-8cross right over left, turn ¼ right step left back, turn ¼ right step right to the right side, step left next to right.

C2: Side, Touch, Side, Touch, Side Touch, Scissor Step, ½ Jazzbox,

1&2&step right to right, touch left next to right, step left to left, touch right next to left

3&4&step right to right, step together with left, step right to right, step left next to right

5-6-7-8cross right over left, turn ¼ right step left back, turn ¼ right step right to the right side, step left next to right.

Have fun

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