

Work It Out

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Count: 40 **Wall:** 4 **Level:** Intermediate

Choreographer: Robbie McGowan Hickie , UK (June 10)

Music: Can't Touch It by Rickie-Lee (CD: Sex And The City 2) 102bpm

24 Count intro - Start on Vocals

2x Walks Forward. Ball-Step. Right Mambo Forward. 2x Walks Back. Left Coaster Cross.

- 1-2 Walk forward on Right. Walk forward on Left.
- &3 Step ball of Right beside Left. Step forward on Left.
- 4&5 Rock forward on Right. Rock back on Left. Step back on Right.
- 6-7 Walk back on Left. Walk back on Right.
- 8&1 Step back on Left. Step Right beside Left. Cross step Left over Right.

Option: Counts 6 - 7 above ... Push both hands Up and Out to Left side. Push hands up to Right side.

Side Step Right. Back Rock & Side. Cross. Unwind Full Turn Right. Hip Bumps.

- 2 Long step Right to Right side - dragging Left towards Right.
- 3&4 Rock back Left behind Right. Rock forward on Right. Step Left to Left side.
- 5-6 Cross Right behind Left. Unwind Full turn Right. (Weight on Right)
- 7&8 Step Left to Left side Bumping hips Left. Bump hips Right. Bump hips Left.

****(RESTART Point + TAG)****

Right Mambo Back. Hip Bumps Forward. 1/2 Turn Right Hip Bumps Forward. 1/4 Turn Right. Touch.

- 1&2 Rock back on Right. Rock forward on Left. Step forward on Right.
- 3&4 Step forward on Left, Bumping hips forward. Bump hips back. Bump hips forward.
- 5&6 Make 1/2 turn Right Bumping hips forward. Bump hips back. Bump hips forward.
- 7-8 Make 1/4 turn Right stepping Left Long step to Left side. Touch Right toe behind Left heel.

Ball-Cross. Side. Left Sailor 1/2 Turn Left. Ball-Step. Pivot 1/2 Turn Right. Left Shuffle 1/2 Turn Right.

- &1-2** Step ball of Right beside Left. Cross step Left over Right. Step Right to Right side. (9 o'clock)
- 3&4** Cross Left behind Right making 1/2 turn Left. Step Right to beside Left. Step forward on Left.
- &5-6** Step ball of Right beside Left. Step forward on Left. Pivot 1/2 turn Right.
- 7&8** Left shuffle forward making 1/2 turn Right stepping Left. Right. Left. (3 o'clock)

& Heel. Hook. Left Lock Step Forward. Forward. Together. Back. Left Shuffle 1/2 Turn Left.

- &1-2** Step back on Right. Dig Left heel forward. Hook Left heel across Right shin.
- 3&4** Step forward on Left. Lock step Right behind Left. Step forward on Left.
- 5&6** Step forward on Right. Step Left beside Right. Step back on Right.
- 7&8** Left shuffle making 1/2 turn Left stepping Left. Right. Left. (9 o'clock)

Start Again

TAG 1: END of Wall 2 (Facing 6 o'clock)

Forward Rock. Triple Full Turn Right. Left Mambo Forward. Back. Together.

- 1-2** Rock forward on Right. Rock back on Left.
- 3&4** Right triple step (on the spot) making Full turn Right stepping Right. Left. Right.
- 5&6** Rock forward on Left. Rock back on Right. Step back on Left.
- 7-8** Step back on Right. Slide/Step Left beside Right. (Weight on Left) (Facing 6 o'clock)

RESTART: Dance to Count 16 of Wall 5 (Facing 12 o'clock) - ADD On TAG 2 - Then start from the Beginning

TAG 2: Back Rock & Side. Cross. Side. Left Sailor 1/4 Turn Left. Cross. Unwind 3/4 Turn Left.

- 1&2** Rock back on Right. Rock forward on Left. Step Right to Right side.
- 3-4** Cross step Left over Right. Step Right to Right side.
- 5&6** Cross Left behind Right making 1/4 turn Left. Step Right beside Left. Step forward on Left.
- 7-8** Cross Right over Left. Unwind 3/4 turn Left. (Weight on Left) (Facing 12 o'clock)