

Work This Body

Count: 32

Wand: 4

Ebene: Novice

Choreograf/in: Roy Hoeben (NL) - August 2023

Musik: Work This Body - WALK THE MOON



Restart : first restart after wall 3 only first 20 counts

Second restart after wall 9 only the first 4 counts

V step, point, 1/2 turn, snap.

1 2 3 4. RF diagonal forward, LF diagonal forward, Rf back in, LF back in.

5 6 7 8. RF point back, hold, RF 1/2 turn right, snap L&R side.

Toe struth, toe struth, walk, walk, jump.

1 2 3 4. LF 1/8 turn left toe forward, LF heel down, RF toe forward, RF heel down.

5 6 7 & 8. LF walk forward, RF walk forward, LF next RF, jump up, down.

Side flick, side flick, cross step, hitch.

1 2 3 4. RF 1/8 turn right step right, LF flick behind RF, LF step left, RF flick behind LF.

5 6 7 8. RF step right, LF cross over RF, RF step right, LF hitch left.

Rock left, touch, 3/4 turn right.

1 2 3 4. LF rock left, RF recover, LF step left, RF touch next LF.

5 6 7 8. RF 1/4 turn right step forward, LF 1/4 turn right step forward, RF 1/4 turn step forward, LF step forward.