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| Work It Out |  |

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| **Count:** | 40 | **Wall:** | 4 | **Level:** | Intermediate | . |
| **Choreographer:** | Robbie McGowan Hickie (UK) - June 2010 |
| **Music:** | Can't Touch It - Rickie-Lee : (CD: Sex And The City 2) |
| . |

**24 Count intro – Start on Vocals**

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

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| 1–2 | Walk forward on Right. Walk forward on Left. |

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| &3 | Step ball of Right beside Left. Step forward on Left. |

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| 4&5 | Rock forward on Right. Rock back on Left. Step back on Right. |

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| 6–7 | Walk back on Left. Walk back on Right. |

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| 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.**

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| 2 | Long step Right to Right side – dragging Left towards Right. |

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| 3&4 | Rock back Left behind Right. Rock forward on Right. Step Left to Left side. |

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| 5–6 | Cross Right behind Left. Unwind Full turn Right. (Weight on Right) |

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| 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.**

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| 1&2 | Rock back on Right. Rock forward on Left. Step forward on Right. |

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| 3&4 | Step forward on Left, Bumping hips forward. Bump hips back. Bump hips forward. |

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| 5&6 | Make 1/2 turn Right Bumping hips forward. Bump hips back. Bump hips forward. |

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| 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.**

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| &1–2 | Step ball of Right beside Left. Cross step Left over Right. Step Right to Right side. (9 o’clock) |

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| 3&4 | Cross Left behind Right making 1/2 turn Left. Step Right to beside Left. Step forward on Left. |

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| &5–6 | Step ball of Right beside Left. Step forward on Left. Pivot 1/2 turn Right. |

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| 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.**

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| --- | --- |
| &1–2 | Step back on Right. Dig Left heel forward. Hook Left heel across Right shin. |

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| --- | --- |
| 3&4 | Step forward on Left. Lock step Right behind Left. Step forward on Left. |

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| 5&6 | Step forward on Right. Step Left beside Right. Step back on Right. |

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| 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.**

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| 1–2 | Rock forward on Right. Rock back on Left. |

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| 3&4 | Right triple step (on the spot) making Full turn Right stepping Right. Left. Right. |

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| 5&6 | Rock forward on Left. Rock back on Right. Step back on Left. |

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| 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.**

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| 1&2 | Rock back on Right. Rock forward on Left. Step Right to Right side. |

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| 3–4 | Cross step Left over Right. Step Right to Right side. |

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| --- | --- |
| 5&6 | Cross Left behind Right making 1/4 turn Left. Step Right beside Left. Step forward on Left. |

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| 7–8 | Cross Right over Left. Unwind 3/4 turn Left. (Weight on Left) (Facing 12 o’clock) |