

Work This Body

Count: 32 **Wall:** 4 **Level:** High Beginner

Choreographer: David Ackerman – July 2016

Music: Work This Body by Walk The Moon



Count in: 16 counts from beginning of track.

[1-8]: Kick, Out, Out, Arm pumps, Sailors LR

- 1&2 Kick R low in front, Step R to right side, Step L to left side
 Pull arms up and back so they are parallel with the floor bent at the elbows (3).
3,4 Rotate arms up making a goal post with arms as if you are showing off your muscles
 (4) (Hint: On count 4 make sure your weight is on the R)
5&6 Step L behind R, Step R to right side, Step L to left side
7&8 Step R behind L, Step L to left side, Step R to right side

[9-16]: 2 Points L, Sailor L, 2 Points R, Sailor R

- 1,2 Tap L forward, Tap L to left side
3&4 Step L behind R, Step R to right side, Step L to left side
5,6 Tap R forward, Tap R to right side
7&8 Step R behind L, Step L to left side, Step R to right side

[17-24]: Walk LR, L shuffle, 2 ¼ Pivots with hips

- 1,2 Step L forward, Step R forward
3&4 Step L forward, Step R next to L, Step L forward
***Restart here on wall 4 facing 3:00**
5,6 Step R forward, Pivot ¼ left moving hips counter clockwise
7,8 Step R forward, Pivot ¼ left moving hips counter clockwise

[25-32]: Cross, Side, Behind-Side-Cross, Rock, ¼ Turn, L Shuffle

- 1,2 Cross R over L, Step L to left side
3&4 Step R behind L, Step L to left side, Cross R over L
5,6 Rock L, Recover R making a ¼ turn right
7&8 Step L forward, Step R next to L, Step L forward

Tag: Pose but look lost for 4 counts at the end of wall 10 facing 9:00.

- 1-4 You will hit count 32 of the dance and you may freeze or strike a pose but, while you
 do, you look around lost. This is a false ending to the song. Make sure your weight is
 on L by count 4 to start the dance again with the kick with the R

Restart: Happens on wall 4 after 20 counts. You will be facing 3:00

Contact info: daveackerman2@gmail.com