

# Work This Body

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BY PERFORMERS

Count: 32

Wall: 4

Level: High Beginner

Choreographer: David Ackerman (USA) - July 2016

Music: Work This Body - 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  
3,4 Pull arms up and back so they are parallel with the floor bent at the elbows (3). 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**

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