# Work It Out

COPPER KNOP

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



#### 24 Count intro - Start on Vocals

21 0001111110					
<b>2x Walks Forw</b> 1–2	<b>ard. Ball-Step. Right Mambo Forward. 2x Walks Back. Left Coaster Cross.</b> 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 L	eft over Right	. Step Right	t 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)