# Work It Out



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.

1–2 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.

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.

Step forward on Left, Bumping hips forward. Bump hips back. Bump hips forward.

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.

Step ball of Right beside Left. Cross step Left over Right. Step Right to Right side. (9 o'clock)
 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.

Step back on Right. Dig Left heel forward. Hook Left heel across Right shin.
Step forward on Left. Lock step Right behind Left. Step forward on Left.
Step forward on Right. Step Left beside Right. Step back on Right.
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.

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 Left over Right. Step Right 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)