Werk!

拍数: 32	墙数: 2	级数: Phrased Intermediate

编舞者: Ra'Chel Fowler (USA) - September 2014

音乐: Work It (Ian Munro Remix) - Missy Elliott

Pattern: AA, BB

PART A - 16 counts
SHA'RON, TWO STEPS, ¼ TURN LEFT, SHARON, TWO STEPS, TAP, WALK BACK, COASTER, ½ TURN LEFT

1-2&	Step up right, followed with left behind right, step right
3-4	Step up with right foot followed by left
5-6&	¼ turn left – step left, step right behind left, step left
7-8	step up with left foot followed by right

1-2	Tap up with right foot, step back with right foot
3-4&	Step back with left, right coaster (hop back on right foot, tap left)
5-6	Tap right foot out, recover
7-8	Place left foot behind right ½ turn left

REPEAT

PART B - 16 counts
MR. QUICK ½ TURN RIGHT, STEP UP, SLIDE BACK FULL TURN LEFT

1-2	Step up with right foot, lift right leg
3-4	Move right foot forward in slow motion
&5-6	Tap left foot down, tap right foot out (say "And WERK"), recover right
7-8	Place left foot behind right ½ turn left

1-2	Step up with right foot followed by left
3-4	freestyle
5-6	freestyle
7-8	Place left foot behind right ½ turn left

START OVER

Contact: d2bd247@gmail.com