

# Work It Out (全面解決) (zh)

COPPER KNOB  
STYLISTICS

拍数: 40      墙数: 4      级数: Intermediate  
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音乐: Can't Touch It - Rickie-Lee : (CD: Sex And The City 2)



前奏: 24 Count intro – Start on Vocals 24拍後唱歌起跳

- 第一段**      **2x Walks Forward. Ball-Step. Right Mambo Forward. 2x Walks Back. Left Coaster Cross. 走, 前交換, 前曼波, 後走, 後走, 海岸交叉**
- 1–2      Walk forward on Right. Walk forward on Left. 右足前走, 左足前走
- 3      Step ball of Right beside Left. Step forward on Left.  
右足併踏, 左足前踏
- 4&5      Rock forward on Right. Rock back on Left. Step back on Right.  
右足前下沉, 左足回復, 右足後踏
- 6–7      Walk back on Left. Walk back on Right. 左足後走, 右足後走
- 8&1      Step back on Left. Step Right beside Left. Cross step Left over Right.  
左足後踏, 右足併踏, 左足於右足前交叉踏
- Option:      Counts 6 – 7 above ... Push both hands Up and Out to Left side. Push hands up to Right side. 6-7拍雙手高舉向左推, 雙手向右推
- 第二段**      **Side Step Right. Back Rock & Side. Cross. Unwind Full Turn Right. Hip Bumps. 右大步, 後下沉 回復 左踏, 後交叉, 繞轉圈, 推臀**
- 2      Long step Right to Right side – dragging Left towards Right.  
右足右一大步左足拖併
- 3&4      Rock back Left behind Right. Rock forward on Right. Step Left to Left side. 左足於右足後下沉, 右足回復, 左足左踏
- 5–6      Cross Right behind Left. Unwind Full turn Right. (Weight on Right)  
右足於左足後交叉踏, 右繞轉圈(重心在右足)
- 7&8      Step Left to Left side Bumping hips Left. Bump hips Right. Bump hips Left. 左足左踏左推臀, 右推臀, 左推臀
- \*\*(RESTART Point + TAG)\*\* 從頭起跳說明在最後**
- 第三段**      **Right Mambo Back. Hip Bumps Forward. 1/2 Turn Right Hip Bumps Forward. 1/4 Turn Right. Touch. 後曼波, 推臀, 右轉推臀, 右1/4左大步, 後點**
- 1&2      Rock back on Right. Rock forward on Left. Step forward on Right.  
右足後下沉, 左足回復, 右足前踏
- 3&4      Step forward on Left, Bumping hips forward. Bump hips back. Bump hips forward. 左足前踏前推臀, 後推臀, 前推臀
- 5&6      Make 1/2 turn Right Bumping hips forward. Bump hips back. Bump hips forward. 右轉180度前推臀, 後推臀, 前推臀
- 7–8      Make 1/4 turn Right stepping Left Long step to Left side. Touch Right toe behind Left heel. 右轉90度左足左一大步, 右足趾於左足後點
- 第四段**      **Ball-Cross. Side. Left Sailor 1/2 Turn Left. Ball-Step. Pivot 1/2 Turn Right. Left Shuffle 1/2 Turn Right. 併交叉, 右踏, 轉水手, 併踏, 轉, 轉交換**
- 8&1–2      Step ball of Right beside Left. Cross step Left over Right. Step Right to Right side. (9 o'clock)  
右足併踏, 左足於右足前交叉踏, 右足右踏(面向9點鐘)
- 3&4      Cross Left behind Right making 1/2 turn Left. Step Right to beside Left. Step forward on Left.  
左轉180度左足於右足後交叉踏, 右足併踏, 左足前踏
- 8&5–6      Step ball of Right beside Left. Step forward on Left. Pivot 1/2 turn Right. 右足併踏, 左足前踏, 右軸轉180度
- 7&8      Left shuffle forward making 1/2 turn Right stepping Left. Right. Left. (3 o'clock) 右180度轉交換-左, 右, 左(面向3點鐘)

**第五段**      **& Heel. Hook. Left Lock Step Forward. Forward. Together. Back. Left Shuffle 1/2 Turn Left. 後 踵點, 勾, 前鎖步, 前 併 後, 轉交換**

8&1-2      Step back on Right. Dig Left heel forward. Hook Left heel across Right shin. 右足後踏, 左足踵前點, 左足踵於右足前勾

3&4      Step forward on Left. Lock step Right behind Left. Step forward on Left. 左足前踏, 右足於左足後鎖踏, 左足前踏

5&6      Step forward on Right. Step Left beside Right. Step back on Right.  
右足前踏, 左足併踏, 右足後踏

7&8      Left shuffle making 1/2 turn Left stepping Left. Right. Left. (9 o'clock) 左180度轉交換-左, 右, 左(面向9點鐘)

**TAG 1:** END of Wall 2 (Facing 6 o'clock) 第二面牆(面向6點鐘)結束時

**Forward Rock. Triple Full Turn Right. Left Mambo Forward. Back. Together. 下沉 回復, 三步右轉圈, 前曼波, 後 併**

1-2      Rock forward on Right. Rock back on Left. 右足前下沉, 左足回復

3&4      Right triple step (on the spot) making Full turn Right stepping Right. Left. Right. 三步原點右轉圈-右, 左, 右

5&6      Rock forward on Left. Rock back on Right. Step back on Left.  
左足前下沉, 右足回復, 左足後踏

7-8      Step back on Right. Slide/Step Left beside Right. (Weight on Left) (Facing 6 o'clock) 右足後踏, 左足滑併踏(重心在左足)(面向6點鐘)

**RESTART:** Dance to Count 16 of Wall 5 (Facing 12 o'clock) – ADD On TAG 2 – Then start from the Beginning 第五面牆跳至第二段時面向12點鐘, 加跳8拍後, 從頭起跳

**TAG 2:**      **Back Rock & Side. Cross. Side. Left Sailor 1/4 Turn Left. Cross. Unwind 3/4 Turn Left. 後下沉 回復 右踏, 交叉 右踏, 1/4轉水手, 交叉 繞轉3/4**

1&2      Rock back on Right. Rock forward on Left. Step Right to Right side. 右足後下沉, 左足回復, 右足右踏

3-4      Cross step Left over Right. Step Right to Right side.  
左足於右足前交叉踏, 右足右踏

5&6      Cross Left behind Right making 1/4 turn Left. Step Right beside Left. Step forward on Left.  
左轉90度左足於右足後交叉踏, 右足併踏, 左足前踏

7-8      Cross Right over Left. Unwind 3/4 turn Left. (Weight on Left) (Facing 12 o'clock)  
右足於左足前交叉踏, 左繞轉270度(重心在左足)(面向12點鐘)

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