

Werk!

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 2 級數: Phrased Intermediate
編舞者: Ra'Chel Fowler (USA) - September 2014
音樂: 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

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