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## Work It Out

40 Count, 4 Wall, Intermediate Choreographer: Robbie McGowan Hickie (UK) June 2010
Choreographed to: Can't Touch It by Rickie-Lee CD: Sex And The City 2 (102bpm)

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.
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 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)

