



Dance with Dee Dee

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Work That Body (Show Me What You Got)

Count: 32 **Wall:** 4 **Level:** High Improver

Choreographer: Adrian Churm

Music: Work This Body by Walk The Moon

Sec 1: Walk forward, shuffle forward, rock step, coaster step

1 – 2 Walk forward right, left.

3&4 Shuffle forward R,L,R

5 – 6 Rock forward with left foot, recover back onto right.

7&8 Making a slight turn left, step left foot back, close right to left, step left foot forward.

Sec 2: Weave left, point to side, across, side, sailor turn ¼ left

1 – 2 Step right foot across left, step left foot to the side,

3 – 4 step right behind left, point left out to the side, (angle body to right).

5 – 6 step left foot across right, step right foot to the side.

7&8 Making a ¼ turn LF as you step LF behind RT, RT foot to the side, step LF foot forward.

Sec 3: Body wind ½ right (or paddle turns), forward rock, ½ turn shuffle

1 – 2 Small step forward with right, make a ¼ turn left as you roll hips back & around to right (or paddle turn left).

3 – 4 Small step forward with right, make a ¼ turn left as you roll hips back & around to right (or paddle turn left).

Restart here on wall 4 only facing 12 o'clock

5 – 6 Rock forward onto right, recover back onto left (prepare to turn right)

7&8 Shuffle a ½ turn around to the right R.L.R

Sec 4: Full turn right, shuffle forward, pivot ½ turn, kick, heel jack.

1 – 2 ½ turn RT (LF ends foot back), ½ turn RT (RT foot ends fwd) easy option walk forward.

3&4 Shuffle forwards L,R,L

5 – 6 Step right foot forward, make a ½ turn left (weight ends on left)

7&8 Kick right forward, step right back, touch left heel forward.

& Close left foot next to right

Restarts & Tags

Wall 4 when facing 12 o'clock

Restart: after count 4 of section 3

Tag: End of wall 10 when music stops do as follows (facing 6 o'clock)

1 – 2 Step right foot forward and out to the side, step left foot forward and out to the side.

3 – 4 Step right foot back in place, step left foot next to right.

* Step sheet compliments of Dance with Dee Dee.*