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At Work
80 Count, 1 Wall, Intermediate (Phrased)
Choreographer: Ellie Hendriks (NL) Aug 2016
Choreographed to: Work From Home by $5^{\text {th }}$ Harmony

# Pattern of dance. AA BC AA BC AA BCC first 5 counts of A 

## Part A 32 Counts

Section 1 Back, Coaster Step, Step, $1 / 4$ Pivot, Hold, Chasse R,
1-2\&3 Step back on right, step back on left, step right next to left, step left forward,
4
5\&6
7-8\&1
Section
2\&3
4\&5
6\&7 Step right forward,
Step left forward, make $1 / 4$ turn right, cross left over right,
Hold, step right to the right side, step left next to right, step right to the right side,

8\&1
Sailor Step, Coaster Step, Scuff Hitch Point, Hold, Step, Hold, Ball Step, cross left behind right, Step right slightly to right side, step left to the side, step back on right, step left next to right, step right forward, scuff left forward, hitch with left, point left back on ball hold, step right next left, point left back on ball

## Section 3 Step, Shuffle Fwd, Point, Cross, Point, ½ Sailor Cross R,

2-3\&4 Step on left and look to the left side with you right knee a little up, step right forward, step left next to right, step. right forward,
5-6 Point left to the side, cross left over right,
$7 \quad$ Point right to the side,
8\&1 Step right behind left, Step left to left side while making $1 / 4$ turn right, cross right over left making $1 / 4$ turn right,

Section 4 Step, Cross Rock, Step, Cross, Turn $3 / 4$ R, Step, Rock Step,
2-3\&4
5-6
7-8\&

## Part B

1-2-3-4

1-2-3-4

3-4
5\&6
7-8

## Part C

Section
1\&2\&
3\&4\&
5-6-7-8

## Section 1 Step X4, Rolling Vine, Touch Clap

5-6-7-8 $\quad 1 / 4$ turn right step right forward, $1 / 2$ turn right step left backwards, $1 / 4$ turn right to the right side, touch left next to right,

## Section 2 Step X4, Rolling Vine, Touch Clap

5-6-7-8 $\quad 1 / 4$ turn left step left forward, $1 / 2$ turn left step right backwards, $1 / 4$ turn left to the left side, touch right next to left,

## Section 3 Shuffle, $1 / 2$ Pivot, Shuffle, $1 / 4$ Pivot,

1\&2 Shuffle forward step right forward, step left next to right, step right forward, 3-4 step left forward, Make a $1 / 2$ turn,
5\&6 Shuffle forward step left forward, step right next to left, step left forward,
7-8 Step right forward, make a $1 / 4$ turn left,
Section 4 Shuffle, $1 / 2$ Pivot, Shuffle, $3 / 4$ Pivot,
1\&2 Shuffle forward step right forward, step left next to right, step right forward,
Step left to the side, right, cross right over left, recover on left, step right to the right side, Cross left over right, turn $3 / 4$ right weight is on your right,
Step forward on left, step forward on right, recover on left,

## 32 Counts

Step back on right, step, step back on left, step back on right, step, step back on left , (with every step you make you lift something heavy on your right ,left, right, left hand )

Step forward on left, step forward on right, step forward on left, step forward on right, step, (with every step you make you lift something heavy on your left, right, left, right ,hand

Step left forward, Make a $1 / 2$ turn,
Shuffle forward step left forward, step right next to left, step left forward,
Step right forward, make a $3 / 4$ turn left,

## 16 Counts

Side, Touch, Side, Touch, Side Touch, Scissor Step, $1 / 2$ Jazz Box,
Step right to right, touch left next to right, step left to left, touch right next to left
Step right to right, step together with left, step right to right, step left next to right
Cross right over left, turn $1 / 4$ right step left back, turn $1 / 4$ right step right to the right side,
step left next to right.

## Section 2 Side, Touch, Side, Touch, Side Touch, Scissor Step, ½ Jazz Box,

1\&2\& Step right to right, touch left next to right, step left to left, touch right next to left

3\&4\&
5-6-7-8

Step right to right, step together with left, step right to right, step left next to right Cross right over left, turn $1 / 4$ right step left back, turn $1 / 4$ right step right to the right side, step left next to right.

Have Fun

