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## Workin' Out

32 Count 4 Wall Beginner Level Dance.
Choreographed by: Jean Louis Chevalier (CAN), Rob Fowler (ES) \& I.C.E Jun 2021
Choreographed to: Workin' Out by Lindsay Ell
Intro: 24 Counts. Start at approx 13 secs.

Remember to Vote for your favourite dances in the Linedancer Charts.

SEC 1 WALK, WALK, STOMP, HEEL BOUNCE, WALK, WALK, STOMP, HEEL BOUNCE
1-2 Step RF forward, Step LF forward
$3 \& 4$ RF Stomp (without weight), RF Raise Heel, RF Drop Heel down (with weight)
5-6 Step LF forward, Step RF forward
7\&8 LF Stomp (without weight), LF Raise Heel, LF Drop Heel down (with weight)
SEC 2 ROCK STEP, SHUFFLE, BACK, BACK, COASTER STEP
1-2 Rock RF forward, Recover on LF
$3 \& 4$ Step RF back, Step LF beside RF, Step RF back
5-6 Step LF back, Step RF back
7\&8 Step LF back, Step RF beside RF, Step LF forward
SEC 3 ROCK STEP, WEAVE, HEEL DIG \& CLAP, HEEL DIG \& CLAP
1-2 Step RF to right side, Recover on LF
3-6 Cross RF over LF, Step LF to left, Cross RF behind LF, Step LF to left
7-8 RF Heel Dig to Right Diagonal with Clap, RF Heel Dig to Right Diagonal with Clap

## SEC 4 GRAPEVINE $1 / 4$ R, STEP, KICK BALL CHANGE, KICK BALL CHANGE

1-2 Step RF to right, Cross LF behind RF
3-4 Step RF to right side $1 / 4$ turn right, Step LF forward (3:00)
5\&6 RF Kick Fwd, RF ball beside LF, LF in place (with weight)
$7 \& 8 \quad$ RF Kick Fwd, RF ball beside LF, LF in place (with weight)

## Choreographers Note

There should have been 2 restarts but to maintain the dance at beginner level, the choreography has been structured to dance through the restarts.
The instructor can choose to omit the turn in section 4 and teach the dance as a one wall dance.

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