

# Workin' Out

www.linedancerweb.com www.linedancefoundation.com www.kingshilldanceholidays.com. 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.

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## 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 ¼ 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 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.

