Work That Body (Show Me What You Got)

Count: 32   **Wall:** 4   **Level:** High Improver
Choreographer: Adrian Churm 14/3/2016
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 left as you step left behind right, right foot to the side, step left 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 right (left ends foot back), ½ turn right (right foot ends forwards) 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.

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