

Work It Out - Choreography

Start facing up stage (backs to audience) in a line, feet apart, hands clenched by sides. All movements must be sharp and strong.

All

Hold pose for initial count of 8

(1) Bring R fist to chest with elbow out at shoulder height and hold (234,5678)

(1) Open R arm to right angle, fist up and hold (234,5678)

(1) Shoot arm straight out to side, shoulder height, turning head to L, and hold (234,5678)

8 x march clockwise on the spot to face down stage, both fists to chest and elbows out at shoulder height (1,2,3,4,5,6,7,8)

Cards 18 & 6

First 2 dancers (0:17)

4 x marches forwards, both fists to chest and elbows out at shoulder height (1,2,3,4)

2 x Raise the roof (56,78)

2 x Rebound, ending with arms crossed over chest and hold position (12,34)

Second 2 dancers

4 x marches forwards, both fists to chest and elbows out at shoulder height (5,6,7,8)

2 x Raise The Roof (12, 34) 2 x Rebound (56,78)

All (0:28 & 0:34)

2 x Boxer - punching forwards at shoulder height (1&2, 3&4)

4 x Bang, Bang 2R, 2L (56,78)

2 x Push & Scoot backwards (12,34)

2 x Elbow Digs R,L (5,6)

Step forward downstage R (7)

Swivel towards back foot to face up stage (8)

[Repeat this section facing up stage.]

Cards 21, 16, 22, 12

(0:41)

2 x Shoulder Shrugs (12)

Head looks to R side and return (34)

4 x What?! 2 R, 2 L (56,78)

2 x Shoulder Shrugs (12)

Heads looks to L side and return (34)

2 x Shoulder Brush R,L (56,78)

4 x Pick Up Weights R,L,R,L (12,34,56,78)

2 x Thrust & Lean R,L (12,34)

2 x Round The Bowl (56,78)

Cards 8, 25, 1, 17, 11, 28

3 x walks downstage and turn to face up stage and turn (1234) pause (5678)

3 x walks upstage, step feet apart (1234) pause (5678)

Turn head to R on last beat