

At Work

Count: 80

Wall: 1

Level: Phrased Intermediate

Choreographer: Ellie Hendriks – Aug 2016

Music: Work From Home. BY: 5th Harmony

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

A Pattern 32 counts

A1: Back , Coaster Step, Step, ¼ Pivot, Hold, Chasse R,

1-2&3 step back on right, step back on left, step right next to left, step left forward,
4 step right forward,
5&6 step left forward, make ¼ turn right, cross left over right,
7-8&1 Hold, step right to the right side, step left next to right, step right to the right side,

A2: Sailor Step, Coaster Step, Scuff Hitch Point, Hold, Step, Hold, Ball Step,

2&3 cross left behind right, Step right slightly to right side, step left to the side,
4&5 step back on right, step left next to right, step right forward,
6&7 scuff left forward, hitch with left, point left back on ball
8&1 hold, step right next left, point left back on ball

A3: Step, Shuffle Fwd, Point, Cross, Point, ½ Sailor Cross R, 2-3&4 step on left and look to the left side with your 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 point right to the side,
8&1 step right behind left, Step left to left side while making ¼ turn right, cross right over left making ¼ turn right,

A4: Step, Cross Rock, Step, Cross, Turn ¾ R, Step, Rock Step, 2-3&4 step left to the side, right, cross right over left, recover on left, step right to the right side,

5-6 cross left over right, turn ¾ right weight is on your right,
7-8& step forward on left, step forward on right, recover on left,

B Pattern - 32 counts

B1: Step X4, Rolling Vine, Touch Clap

1-2-3-4 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)
5-6-7-8 ¼ turn right step right forward, ½ turn right step left backwards, ¼ turn right to the right side, touch left next to right,

B2: Step X4, Rolling Vine, Touch Clap

1-2-3-4 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)
5-6-7-8 ¼ turn left step left forward, ½ turn left step right backwards, ¼ turn left to the left side, touch right next to left,

B3: Shuffle, ½ Pivot, Shuffle, ¼ Pivot,

1&2 shuffle forward step right forward, step left next to right, step right forward, 3-4 step left forward,
Make a ½ turn,
5&6 shuffle forward step left forward, step right next to left, step left forward,
7-8 step right forward, make a ¼ turn left,

B4: Shuffle, ½ Pivot, Shuffle, ¾ Pivot,

1&2 shuffle forward step right forward, step left next to right, step right forward,
3-4 step left forward, Make a ½ turn,
5&6 shuffle forward step left forward, step right next to left, step left forward,
7-8 step right forward, make a ¾ turn left,

C pattern 16 counts

C1: Side, Touch, Side, Touch, Side Touch, Scissor Step, ½ Jazzbox,

1&2& step right to right, touch left next to right, step left to left, touch right next to left
3&4& step right to right, step together with left, step right to right, step left next to right
5-6-7-8 cross right over left, turn ¼ right step left back, turn ¼ right step right to the right side, step left next to right.

C2: Side, Touch, Side, Touch, Side Touch, Scissor Step, ½ Jazzbox,

1&2& step right to right, touch left next to right, step left to left, touch right next to left
3&4& step right to right, step together with left, step right to right, step left next to right
5-6-7-8 cross right over left, turn ¼ right step left back, turn ¼ right step right to the right side, step left
next to right.

Have fun

Contact: elliehendriks1103@hotmail.com