



# Workin' Out

**Choreographers: Jean-Louis Chevalier, Rob Fowler & I.C.E. – June 2021**

**Counts: 32 - Walls: 4 - Level: Beginner - No Restarts or Tags**

**Music: Workin' Out by Lindsay Ell - 2m 52s (Album: Make It Up As We Go)**

**BPM: 105 (approx.) - Intro: 24 counts (approx. 13 secs) – Start on vocals**

**S1 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)

**S2 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

**S3 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

**S4 Grapevine 1/4 R, Step, Kick Ball Change, Kick Ball Change**  
1-4 Step RF to right, Cross LF behind RF, Step RF to right side ¼ 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)

Start Over!

**Note to dance instructors: 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.**

Please contact me at [chevalierca@hotmail.com](mailto:chevalierca@hotmail.com) if you have any questions or comments.