

At Work

Count: 80 Wall: 1 Level: Intermediate

Choreographer: Ellie Hendriks

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

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,

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

step, shuffle fwd, point, cross, point, ½ sailor cross R,

2-3&4 step on left and look to the left side with you 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,

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

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,

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,

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,

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

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.

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