

WORK IT (AMENDED)

ARTIST: Missy Elliott
TRACK LENGTH: 4:22
TRACK SPEED: 97 bpm | 4%



FORMULA: [ABCD BACD BE ABD]

MOVE A: Narrow squat pulse X3, stand up in neutral stance.

MOVE B: Wide squat walking forward X2, backward X2, stay in place and alternate hip circle X2. Alternate starting stepping leg.

MOVE C: Soft knee in standing leg while alternating: straight leg lift to the side, knee lift. Repeat 4x, then alternate.

MOVE D: Hold low squat as you pop one heel and bounce in place with hips low. Repeat 16x, then alternate.

MOVE E: Side walk X2, stay in place and tap leg 3x (side/front/side X4, then side/back/side X4). Alternate side walk.

MOVE	LYRICS	REPS/CT	NOTES
Intro	DJ please, pick up your phone	About 32 cts	
A	Instrumental	8x/32 cts	
B	Is it worth it? Let me work it	4x/32 cts	
C	I'd like to get to know ya, so I could show yaou	2x/32 cts	
D	See my hips and my tips, don't ya?	2x/32 cts	
B	Is it worth it? Let me work it	4x/32 cts	
A	If you're a fly gal, get your nails done	2x/8 cts	
C	Boy lift it up, let's make a toast, ah	2x/32 cts	
D	Sdrawkcab ti ekat ot ekil yssiM yaw eht h	2x/32 cts	
B	Is it worth it? Let me work it	4x/32 cts	
E	Boys, boys, all type of boys	8x/64 cts	
A	Why you act dumb like ugh, duh	4x/16 cts	
B	Is it worth it? Let me work it	4x/32 cts	
D	To my fellas	4x/48 cts	16x right/16x left/8x right/8x left

