

# WORKIN' FOR A LIVIN'

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CD: 2006 Capitol Records, CD Title "Greatest Hits (Remastered)" (Artist: Huey Lewis & The News) Track 21 "Workin' for a Livin'" or download from internet site such as I Tunes

FOOTWORK: Opposite unless noted (Woman's footwork in parentheses) Time: 2:38

RHYTHM: Single Swing RAL PHASE IV

DEGREE OF DIFFICULTY: AVERAGE

SEQUENCE: INTRO-A-INTERLUDE-A-B-C-C-A-B(1-7)-ENDING

## MEAS:

## INTRODUCTION

### **1-4 LOP-FCG LOD WAIT PICKUP NOTES & 2 MEAS;; CHANGE LEFT TO RIGHT WITH GLIDE TO SIDE;;**

1-2 Wait in LOP-FCG LOD wait pickup notes & 2 measures w/ lead ft free;;

3 {**Start Change Left to Right**} LOP-FCG LOD Rk bk L, rec R, sd L trn 1/4 RF (W rk bk R, rec L, fwd R trn 3/4 LF undr ld hnds) to LOP-FCG WALL, -;

4 {**Glide to the Side**} Sd R, lowering on R XLif, sd R (W sd L, lowering on L XRif, sd L), -;

### **5-8 2 WINDMILLS;;; PROGRESSIVE ROCK;**

5-7 {**Windmill fc COH**} BFLY WALL Rk bk L, rec R, with ld arms lower & trl arms higher fwd L trn 1/4 LF, -; With arms level sd R trn 1/4 LF (W rk bk R, rec L trn 1/4 LF, sd R trn 1/4 LF, -; Sd L) to BFLY COH, -, {**Windmill fc WALL**} BFLY COH Rk bk L, rec R; With ld arms lower & trl arms higher fwd L trn 1/4 LF, -, with arms level sd R trn 1/4 LF (W rk bk R, rec L trn 1/4 LF; Sd R trn 1/4 LF, -, sd L) to BFLY WALL, -;

8 {**Progressive Rock**} BFLY WALL Rk apt L, XRif (W XLif), rk apt L, XRif (W XLif);

## PART A

### **1-3 SPANISH ARMS ~ AMERICAN SPIN TO HANDSHAKE;;;**

1-3 {**Spanish Arms**} BFLY WALL Rk bk L, rec R trn RF lead W to trn LF under ld hnds to momentary WRP without lowering ld hnds, sd L cont RF trn, -; Lead W to trn RF to BFLY sd R (W rk bk R, rec L trn 1/4 LF, sd R trn 3/4 RF, -; Sd L) to BFLY COH, -, {**American Spin to Handshake**} LOP-FCG COH rk bk L, rec R; Sd L, -, sd R (W rk bk R, rec L; Sd R spin RF full trn, -, sd L) to Handshake COH, -;

### **4-8 MIAMI SPECIAL ~ SHOULDER SHOVE;;; SLOW SOLE TAP;;**

4-8 {**Miami Special**} Handshake COH Rk apt L, rec R, fwd L trn 3/4 RF lead W trn LF undr joined hnds put hnds over M's head so hnds rest behind M's neck, -; Sd R (W rk apt R, rec L, fwd R trn LF 3/4 undr joined hnds, -; Sd L release hnds & slide down M's L arm) to LOP LOD, -, {**Shoulder Shove**} LOP LOD rk apt L, rec R; Sd L to tch M's L & W's R shldr, -, mv away & trn LF sd & bk R (W rk apt R, rec L; Sd R, -, mv away & trn RF sd & bk L) to LOP-FCG COH, -;

7-8 {**Slow Sole Tap**} LOP-FCG COH Rk apt L, rec R, fwd L trn 1/4 RF to sd by sd fc LOD, -; Bend R leg & tch R shoe sole to W L shoe sole behind leg, -, sd R trn 1/4 LF to LOP-FCG COH (W rk apt R, rec L, fwd R trn 1/4 LF to sd by sd fc LOD, -, Bend L leg & tch L shoe sole to M R shoe sole behind leg, -, sd L trn 1/4 RF) -;

### **9-12 LINK ROCK ~ ROCK REC TO SCP;; KICK STEPS TO FC; KICK BETWEEN LEGS;**

9-10 {**Link Rock**} LOP-FCG WALL Rk bk L, rec R, fwd L, -; Sd R (W rk bk R, rec L, fwd R, -; Sd L) to CP WALL, -, {**Rock Rec SCP**} CP WALL rk bk L to SCP LOD, rec R (W rk bk R to SCP, rec L);

11 {**Kick Steps to Fc**} SCP LOD Kick L fwd, cl L, kick R thru, cl R trn to CP WALL;

12 {**Kick Between Legs**} CP WALL Kick L to L sd of W, cl L, kick R between W's legs, cl R (W kick R between M's legs, cl R, kick L to L sd of M, cl L);

### **13-16 FALLAWAY THROWAWAY ~ CHICKEN WALKS 2 SLOW ~ CHANGE LEFT TO RIGHT FC WALL;;;**

13-16 {**Fallaway Throwaway**} CP WALL Rk bk L to SCP LOD, rec R, fwd L with slight LF trn, -; Sd R (W rk bk R to SCP, rec L start LF trn, fwd R complete 1/2 LF trn, -; Bk L) to LOP-FCG LOD, -, {**Chicken Walks 2 Slow**} LOP-FCG LOD bk L, -; Bk R, - (W swvl fwd R, -; Swvl fwd L, -), {**Change Left to Right fc WALL**} LOP-FCG LOD rk bk L, rec R; Fwd L trn 1/4 RF, -, sd R (W rk bk R, rec L; Fwd R trn 3/4 LF undr ld hnds, -, sd L) to LOP-FCG WALL, -;

**INTERLUDE**

**1-4 2 WINDMILLS;;; PROGRESSIVE ROCK;**

- 1-3 {**Windmill fc COH**} BFLY WALL Rk bk L, rec R, with ld arms lower & trl arms higher fwd L trn 1/4 LF, -; With arms level sd R trn 1/4 LF (W rk bk R, rec L trn 1/4 LF, sd R trn 1/4 LF, -; Sd L) to BFLY COH, -, {**Windmill fc WALL**} BFLY COH Rk bk L, rec R; With ld arms lower & trl arms higher fwd L trn 1/4 LF, -, with arms level sd R trn 1/4 LF (W rk bk R, rec L trn 1/4 LF; Sd R trn 1/4 LF, -, sd L) to BFLY WALL, -;
- 4 {**Progressive Rock**} BFLY WALL Rk apt L, XRif (W XLif), rk apt L, XRif (W XLif);

**PART B**

**1-3 CHANGE HANDS BEHIND BACK ~ BASIC ROCK TO HANDSHAKE;;;**

- 1-3 {**Change Hands Behind Back**} LOP-FCG WALL Rk bk L, rec R change W's R hnd to M's R hnd, fwd L trn 1/4 LF to TANDEM LOD in front of W (W rk bk R, rec L, fwd R trn 1/4 RF), -; Change W's R hnd to M's L hnd sd & bk R trn 1/4 LF to LOP-FCG COH (W sd & bk L trn 1/4 RF), -, {**Basic Rock to Handshake**} LOP-FCG COH rk apt L (W rk apt R), rec R; Sd L, -, sd R to Handshake COH, -;

**4-8 TRIPLE WHEEL FC WALL ~ BASIC ROCK TO BFLY;;; SIDE BREAKS;**

- 4-7 {**Triple Wheel fc COH**} Handshake COH Rk apt L, rec R, wheel RF sd L trn in twd W & tch W's back, -; Cont RF wheel sd R trn away from W (W rk apt R, rec L, wheel RF sd R trn away from M, -; Cont RF wheel sd L trn in twd M & tch M's back), -, cont RF wheel sd L trn in twd W & tch W's back, -; Lead W to spin RF sd R to fc WALL (W cont RF wheel sd R spin RF on R to fc M, -; Sd L to fc COH), -, {**Basic Rock to BFLY**} LOP-FCG WALL rk apt L (W rk apt R), rec R; Sd L, -, sd R to BFLY WALL, -;
- 8 {**Side Breaks**} BFLY WALL Push stp sd L, push stp sd R, cl L twd R, cl R; [Option: use timing &S&S]

**PART C**

**1-5 DOUBLE ROCK LINK ROCK;; PREZEL TURN;;**

- 1-2 {**Double Rock Link Rock**} Rk bk L, rec R, rk bk L, rec R; Fwd L, -, sd R (W rk bk R, rec L, rk bk R, rec L; Fwd R, -, sd L) to CP WALL, -;
- 3-5 {**Pretzel Turn**} CP WALL Rk bk L to SCP, rec R to fc, sd L trn 1/2 RF, -; Sd R trn 1/4 RF (W rk bk R to SCP, rec L to fc, sd R trn 1/2 LF, -; Sd L trn 1/4 LF) to end sd by sd with ld hnds joined behind back, -, rk fwd L with R hnd fwd, rec R; Sd L trn LF, -, sd R (W rk fwd R with L hnd fwd, rec L; Sd R trn RF, -, sd L) to CP WALL, -;

**6-8 CHANGE RIGHT TO LEFT ~ CHANGE LEFT TO RIGHT FC WALL;;;**

- 6-8 {**Change Right to Left fc LOD**} CP WALL Rk bk L to SCP LOD, rec R, fwd & sd L, -; Sd R (W rk bk R to SCP, rec L, fwd & sd R trn 3/4 RF undr ld hnds, -; Bk L) to LOP-FCG LOD, -, {**Change Left to Right fc WALL**} LOP-FCG LOD rk bk L, rec R; Fwd L trn 1/4 RF, -, sd R (W rk bk R, rec L; Fwd R trn 3/4 LF undr ld hnds, -, sd L) to LOP-FCG WALL, -;

**ENDING**

**1-4 MARCHESSI;;;;**

- 1-4 {**Marchessi**} BFLY WALL Ld hnds joined below waist level press L heel fwd, rec R, press L toe bk, rec R; Press L heel fwd, rec R, press L heel fwd, rec R joined hnds move in direction of M's L foot (W press R toe bk, rec L, press R heel fwd, rec L; Press R toe bk, rec L, press R toe bk, rec L); BFLY WALL Press L toe bk, rec R, press L heel fwd, rec R; Press L toe bk, rec R, press L toe bk, rec R (W press R heel fwd, rec L, press R toe bk, rec L; Press R heel fwd, rec L, press R heel fwd, rec L);

**5-8 4 SAILOR SHUFFLES;;;;**

- 5-6 {**Sailor Shuffles**} BFLY WALL XLib, sd R, sd L - ; XRib, sd L, sd R (W XRib, sd L, sd R, -; XLib, sd R, sd L), -;
- 7-8 {**Sailor Shuffles**} BFLY WALL XLib, sd R, sd L - ; XRib, sd L, sd R (W XRib, sd L, sd R, -; XLib, sd R, sd L), -;

AI ABCC AB(1-7)

WAIT (+pickup notes)  
 CHANGE LEFT TO RIGHT WITH GLIDE TO SIDE----  
 2 WINDMILLS  
 ----

WAIT  
 ----  
 PROGRESSIVE ROCK

A SPANISH ARMS  
 <AMERICAN SPIN TO HANDSHAKE  
 ----  
 SLOW SOLE TAP

----  
 MIAMI SPECIAL  
 <SHOULDER SHOVE  
 ----

.....  
 LINK ROCK  
 KICK STEPS TO FC  
 FALLAWAY THROWAWAY  
 <CHICKEN WALKS 2 SLOW

.....  
 END ROCK REC SCP  
 KICK BETWEEN LEGS  
 ----  
 <CHANGE LEFT TO RIGHT FC WALL

I 2 WINDMILLS  
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 PROGRESSIVE ROCK

B CHANGE HANDS BEHIND BACK  
 <BASIC ROCK TO HANDSHAKE  
 ----  
 <BASIC ROCK TO BFLY

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 TRIPLE WHEEL FC WALL  
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 SIDE BREAKS

C DOUBLE ROCK LINK ROCK  
 PRETZEL TURN  
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 CHANGE RIGHT TO LEFT  
 <CHANGE LEFT TO RIGHT FC WALL

END MARCHESI  
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 4 SAILOR SHUFFLES  
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R4-3 WORKIN' FOR A LIVIN' (ROSS)  
 (LOP-FCG LOD LEAD FOOT FREE)