

# Work from Home!!! - aka... "WFH"



**Count:** 144      **Wall:** 1      **Level:** Phrased Advanced Funky  
**Choreographer:** Guyton Mundy, Roy Hadisubroto, Fred Whitehouse – April 2016  
**Music:** Work From Home. BY: 5th Harmony

## Pattern of dance. AA BC AA BC D BCC first 6 counts of A

### A Pattern 32 counts

#### A[1-8] side, ¼ pivot, back, back, out, body roll, snap, hold, side, side,

1-2 step right to right, make a ¼ turn pivot to the left on the balls of both feet  
&3-4 step back on left, step back on right, step left out to left side  
5&6 body roll down, snap right finger up to right on count 6  
7-8& Hold, step right to right, step left to left

#### A[9-17] Side, sailor with level change, drop, side, ¼, ½, coaster with flick, knee twist, step with arm hit

1-2&3 take a big side step to right, step left behind right, step together with right as you drop down slightly, step left to left as you raise up  
4&5 drop slightly, push body to right, make a ¼ turn to left stepping forward on left  
6&7 make a ½ turn to left as you step back on right, step back on left, step together with right  
8&1 step forward on left as you flick right out to right, hitch right as you turn right foot in and to left slightly, step down slightly forward on right as you bring both arms into chest level, left under right and start moving left hand down and in a circle to left and right hand up and a circle to right

#### A[18-25] arm circle, point, pull, point, hand raise with pull in, down snap, side together side

2-3& finish out the circle ending with left hand over top of right, point right finger forward, pull right hand back under left,  
4-5 point right forward again as you start to lift hand up and bring right hand down in front of face and down body  
6-7 snap right finger down to right side, hold  
8&1 step left out to left, step right next to left, step left to left

#### A[26-32] side, side, side, together with hitch, step, hold, back on diagonal X 2, back on diagonal with double hitch and arm pumps

2-3 step right to right, step left to left  
&4& step right to right, step left into right as you hitch right up, step diagonally forward to right on right  
5-6 hold, step back diagonally to left on left,  
7-8& step back diagonally to left on right, hop back on left as you hitch right up slightly and pump hands up slightly, hop back on left as you hitch right up slightly and pump hands up slightly

### B Pattern - 16 counts repeated

#### B[1-8] shovel digs, sailor, head turn, cross arms

1-2-3-4 step right out to right as you act like your holding a shovel and digging a hole, right hand lower than the left, 2 lift arms up slightly, 3 lift arms up slightly, 4 lift arms up slightly. (Should be a ticking movement)  
5&6 step left behind right, step together with right, step left to left side,  
7-8& put index and middle finger of right hand on chin and look to left, cross right arm over body, cross left arm over body

#### B[9-16] bounces with ¼, back walks X 2, ¼, ¼ with cross

1-2-3-4 bounce left shoulder back 4 times as you make a ¼ turn pivot to the right.  
5-6 walk back on right, walk back on left  
7-8 make a ¼ turn to right as you step right to right side, cross left over right

#### B[17-24] shovel digs, sailor, head turn, cross arms

1-2-3-4 step right out to right as you act like your holding a shovel and digging a hole, right hand lower than the left, 2 lift arms up slightly, 3 lift arms up slightly, 4 lift arms up slightly. (Should be a ticking movement)  
5&6 step left behind right, step together with right, step left to left side,  
7-8& put index and middle finger of right hand on chin and look to left, cross right arm over body, cross left arm over body

#### B[25-32] bounces with ¼, back walks X 2, ¼, ¼ with cross

1-2-3-4 bounce left shoulder back 4 times as you make a ¼ turn pivot to the right.  
5-6 walk back on right, walk back on left  
7-8 make a ¼ turn to right as you step right to right side, cross left over right

### C pattern 16 counts

#### C[1-8] side, touch, side, touch, side together side, touch, step side, body hits

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, touch left next to right  
5-6-7-8& step left to left and roll body for 5678, just have fun with it, touch left next to right on the & count

#### C[9-16] side, touch, side, touch, side together, side, touch, step side, body hits

- 1&2& step left to left, touch right next to left, step right to right, touch left next to right  
 3&4& step left to left, step together with right, step left to left, touch right next to left  
 5-6-7-8& step right to right and roll body for 5678, just have fun with it, touch right next to left on the & count

#### D pattern 64 counts

##### [1-8] leg swing with arm hits, step with arm hits X2, body drop with reach down, heel toe heel walk in, clap with raise, hold, clap, clap

- &1&2 swing right leg slightly back as you bring arms up bent at elbows, throw hands down as you step down on right, swing arms back up as you slightly swing left leg back, step down on left as you bring both hands down in front of left thigh with fist closed  
 3 bring hands over in front of right knee  
 4&5 walk right foot in toe, heel toe as hands stay in front of knee  
 6-7 step forward on right as you clap hands and raise up on the balls of both feet, lower back down  
 8& clap, clap as you transfer weight to left foot

##### [9-16] walk, walk, hop back with kick ball step, ¼ with sways, ¼

- 1-2 walk forward right, step forward on left with bent knee as you punch right hand down and forward  
 3&4 hop back on left as you kick right forward, step down on ball of right, step forward on left  
 5-6 make a ¼ turn to right as you step right to right and sway body to right, sway body to left  
 7&8 step right to right, step together with left, make a ¼ turn to right as you step forward on right as you start a ¾ turn to the right

##### [17-24] ¾, out, out, body roll or pops, ball cross, side, together, ¼ with sweep and hand hits, cross

- 1&2 finish making the ¾ turn to the right, step left out to left, step right out to right  
 &3 roll body down, roll body down with knees slightly bent and shoulders back  
 &4 pop shoulders forward, pop shoulders forward  
 &5 step ball of left next to right, cross right over left  
 6&7-8 step left to left, step together with right, make a ¼ turn to left as you step forward on left and sweep right around in front of left as you bring right hand forward and closed fist with index finger pointing down, cross right over left as you flip and up and hold up 3 fingers

##### [25-32] back side cross X 2, kick hook, kick ball, kick hook, kick ball

- 1&2 step back on left, step back on right, cross left over right  
 3&4 step back on right, step back on left, cross right over left  
 &5&6 swing left foot back slightly, kick left foot forward, hook left over right, kick left foot forward  
 &7&8&& step down on left as you swing right foot back slightly, kick right foot forward, hook right across left, kick right forward, step down on right as you slightly swing left back

##### [33-40] slow step, heel pop, toe swivel, ¼ pivot, snap, hold, ball cross

- 1-2 bring left foot slightly up as you start to step forward, step down forward on left  
 &3 turn left to in, bring left to back to neutral  
 &4 raise left heel, lower left heel  
 5-6 make a ¼ turn to right on both heels sort of rolling body to right, snap right hand up slightly to right  
 7&8 Hold, bring ball of left next to right, cross right over left

##### [41-48] touch and touch, ¼, chase turn, back with drag, arm hits with kick

- 1&2 touch left to left, touch left next to right, make a ¼ turn to left stepping forward on left  
 3&4 step forward on right, make a ½ turn to left as you step down on left, make a ½ turn to left as you step back on right  
 5-6 take a big step back on left, drag right into left  
 7&8 tap left shoulder with right hand as you tap right shoulder with left hand, tap left shoulder with left hand as you tap right shoulder with right hand, push hands forward away from body as you step back on right and kick left forward

##### [49-56] arm wave, box tut, hand smack

- 1-2 snake left arm from left to right across body  
 3& bring left hand so wrist is just under chin, flex left hand up so that the back of the hand is against the right cheek as you bring right hand up fingertips to fingertips touching with right palm facing down with right wrist bent so that elbow is down  
 4& rotate hands down to right hip keeping figure tips together. Left palm should be facing out with right palm facing upward. Push hands to left hip as you flex left hand so that the palm is facing up and flex the right hand so the palm is facing out to the left  
 5& rotate hands up left side of chin. Right hand should be against chin with palm facing out and left hand with palm facing down, rotate right hand under chin and left hand rotates so palm is facing to the right  
 6& take right hand out to right, bring back into left with palms together  
 7& bring hand down slightly in front of chest as you rotate fingers down so they are pointing forward, take right hand out to right,  
 8 bring right to left as you smack the left hand with the right as you lift right leg up and start to cross it over left

##### [57-64] walk around, body roll or pop

- 1-2 cross right over left as you start to make a ¼ turn to left, step forward on left as you start a circle to left  
 3-4-5 walk around completing a full circle to the left ending with feet apart  
 6-7-8 roll body.... Party.. do what you feel... just keep feet where they are

Have fun with that one