DOCTOR (WORK IT OUT)

Level: Intermediate **Genre:** Country Pop
Artist: Pharrell Williams & Miley Cyrus
Choreo: Jo Buswell(jokingcloggerswa@gmail.com]
Speed: Normal **Length:** 3:02
Sequence: A, B, C, D, A, B, E, D, A, B, C.
Wait: 4 beats

Quick Cues

Part A: (32 beats)
8 **2** Stomp Double **(1/4L ea)**
8 **2** Stepping Vine **(Clap)**
16 REPEAT

Part B: (32 beats)
8 Double Slur Vine **(L)**
4 Karate **(1/2R)**
4 Triple **(Rft)**
16 REPEAT

Part C: (32 beats)
8 Samantha Step Up
4 Bad Stamp Brush
4 Basher **(Rft)**
8 Samantha Step Back **(Rft)**
4 Bad Stamp Brush **(Rft)**
4 Basher

Part D: (32 beats)
8 Crossover
8 **2** Triple **(1/4L ea)**
16 REPEAT

Part A: (32 beats)
8 **2** Stomp Double **(1/4L ea)**
8 **2** Stepping Vine **(Clap)**
16 REPEAT

Part B: (32 beats)
8 Double Slur Vine **(L)**
4 Karate **(1/2R)**
4 Triple **(Rft)**
16 REPEAT

Quick Cues

Part E: (32 beats)
4 Finn
4 Stomp Double **(1/4L)**
4 Finn **(Rft)**
4 Stomp Double **(Rft-1/4L)**
16 REPEAT

Part D: (32 beats)
8 Crossover
8 **2** Triple **(1/4L ea)**
16 REPEAT

Part A: (32 beats)
8 **2** Stomp Double **(1/4L ea)**
8 **2** Stepping Vine **(Clap)**
16 REPEAT

Part B: (32 beats)
8 Double Slur Vine **(L)**
4 Karate **(1/2R)**
4 Triple **(Rft)**
16 REPEAT

Part C: (32 beats)
8 Samantha Step Up
4 Bad Stamp Brush
4 Basher **(Rft)**
8 Samantha Step Back **(Rft)**
4 Bad Stamp Brush **(Rft)**
4 Basher

ACA 12th FEB 2026

Step Definitions – DOCTOR (WORK IT OUT)

STOMP DOUBLE:

```
(P) STO DS DS RS (CAN BE DR INSTEAD OF (P) AT START)
     L  R  L  RL
 &   1  &2 &3 &4
```

STEPPING VINE: (in this dance Clap on 4)

```
(P) S(OTS) (P) S(XIB) (P) S(OTS) (P) TCHH(OTS)
    L          R          L           R
 &  1       &  2       &  3       &    4
```

DOUBLE SLUR VINE:

```
DS(OTS) SLR-S(XIB) DS DS(XIF) DS(OTS) SLR-S(XIB) DS RS
L        R  R      L  R       L        R  R      L  RL
&1       &  2      &3 &4      &5       &  6      &7 &8
```

KARATE:

```
DS  K/PVT(1/2 R) H (P) S K H
R   L   R        R     L R L
&1   &           2  &  3 & 4
```

TRIPLE:

```
DS DS DS RS
R  L  R  LR
&1 &2 &3 &4
```

SAMANTHA STEP UP:

```
DS DS(XIF) DR S(BK) DR S(BK) RS(F)(LEAN FWD) S DS RS
L  R       R  L     L  R     LR              L R  LR
&1 &2      &  3     &  4     &5     &        6 &7 &8
```

BAD STAMP BRUSH:

```
DS STA (P) RS BR SL
L   R      RL R  L
&1  &   2  &3 &  4
```

BASHER:

```
STO STO DS DS RS
 L   R  L  R  LR
 &   1  &2 &3 &4
```

SAMANTHA STEP BACK:

```
DS DS(XIF) DR S(BK) DR S(BK) R(BK) S(BK) PULL-S(BS) DS RS
R  L       L  R     R  L     R     L      R   R     L  RL
&1 &2      &  3     &  4     &     5      &   6     &7 &8
```

CROSSOVER:

```
DS TCH(OTS) H T-H(XIF) TCH(OTS) H T-H(XIF) TCH(OTS) H T-H(XIF) TCH(OTS) H
L   R       L R R       L       R L L       R       L R R       L       R
&1  &       2 & 3       &       4 & 5       &       6 & 7       &       8
```

FINN:

```
DS(XIB) R(OTS) H(WGT & T IN) FL(T OUT) TT(BK) FL(T IN) S
L       R      L             L         R      L        R
&1      &      2             &         3      &        4
```