

Hard Day

Count: 64

Wand: 2

Ebene: Improver

Choreograf/in: Hotma Tiarma Purba (INA) - May 2022

Musik: Cand Am O Zi Grea - Mario Eduard : (Cover)



Dance begins on vocal

I. HEEL GRIND, SIDE, CROSS SAMBA

- 1-2 Touch R heel over L, step L in place
- 3-4 Step R to side, step L in place
- 5-6 Cross R over L, step L to side
- 7-8 Step R in place, hold

II. HEEL GRIND, SIDE, CROSS SAMBA

- 1-2 Touch L heel over R, step R in place
- 3-4 Step L to side, step R in place
- 5-6 Cross L over R, step R to side
- 7-8 Step L in place, hold

III. FORWARD, ½ R FORWARD, ½ PIVOT

- 1-2 Step R forward, recover on L
- 3-4 ½ Turn right step R forward, hold (6.00)
- 5-6 Step L forward, ½ turn right step R in place (12.00)
- 7-8 Step L forward, hold

IV. SCISSOR, TOUCH, HIP BUMPS

- 1-2 Step R to side, close L together
- 3-4 Cross R over L, hold
- 5-6 Touch L to side and bump hip to left, bump hip to right
- 7-8 Bump hip to left, bump hip to right

Restart here on 2nd wall facing 6.00

V. BEHIND, SIDE, CROSS, ½ R SHUFFLE

- 1-2 Cross L behind R, step R to side
- 3-4 Cross L over R, hold
- 5-6 ¼ Turn right step R forward, step L together
- 7-8 ¼ Turn right step R forward, hold (6.00)

VI. VAUDEVILLE L-R

- 1-2 Cross L over R, step R to side
- 3-4 Touch L heel to diagonal left, step down L
- 5-6 Cross R over L, step L to side
- 7-8 Touch R heel to diagonal right

VII. ½ L SHUFFLE, JAZZBOX

- 1-2 ¼ Turn left step L forward, step R together
- 3-4 ¼ Turn left step L forward, sweep R
- 5-6 Cross R over L, step L back
- 7-8 Step R to side, touch L beside R

VIII. STEP WITH HIP BUMPS TWICE, ½ L WITH HIP BUMPS

- 1-2 Step L on ball and hip bump to left, step R together
- 3-4 Step L on ball and hip bump to left, step R together

5-6 ¼ Turn left step L on ball and hip bump to left, step R together
7-8 ¼ Turn left step L to side, hold

Enjoy this dance!!

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