

Hard Working

Count: 76

Wall: 0

Level:

Choreographer: Krystle Duval (AUS) & Brad Skinner (AUS)

Music: Workin' for the Weekend - Ken Mellons



1-2	Left knee pop, hold for one beat
3-4	Right knee pop, hold for one beat
5-8	Left, right, left knee pops
9	Canter out right and left
10	Canter in right and left
11-14	Jump feet apart, jump and cross feet right over left, unwind ½ turn and jump forward
15-18	Two hip bumps to the left and two hip bumps to the right
19-22	Hip grinds right, left, right, left
23-24	Right sailor step
25-26	Left sailor step
27-28	Two right scoots turning a ¼ turn on each scoot to the left
29	Step down on left turning a ¼ turn to the left
30	Scoot on left turning a ¼ turn to the left
31-36	Step left down and right together and two heel splits
37-38	Shuffle on right turning ¼ turn on the second beat while traveling right
39-40	Shuffle on left turning ¼ turn to the left on first beat of left shuffle
41-44	Vine right turning ½ turn to the right, touch left foot together
45-48	With head down, swivel heels left, toes left, heels left, pause
49-52	Heels right, toes right, heels right, lifting head pause
53-54	Touch right heel forward, step right together and left toe behind
55-56	Jump on right foot turning ½ turn to the left, step together, jump to left toe behind
57-58	Left ball-jack
59-60	Right ball-jack
61-62	Left ball-jack
63-64	Jump feet apart, jump feet together
65-68	Step right feet forward at 45 degrees while shimmering for two beats, step left foot to left side while shimmering for two beats
69-72	Step back on right foot while shimmering for two beats, step left foot together while shimmering for two beats
73-76	Jump twice while turning ½ turn to the left, jump forward, pause for one pause

REPEAT