

# Hard Work

Compte: 94

Mur: 1

Niveau: Intermediate

Chorégraphe: Thomas Malmgren (SWE)

Musique: Tufft jobb - Nisse Hellberg



## MAMBO ROCK FORWARD & BACK

- 1-4 Rock right forward, recover back on left, step right beside left, hold  
5-8 Rock back on left, recover forward on right, step left beside right, hold

## ½ MONTEREY TURN, CHASSE RIGHT, LEFT CROSS ROCK BACK

- 9-10 Touch right to right side, on ball of left foot turn ½ right stepping right beside left  
11-12 Touch left to left side, step left beside right  
13&14 Step right to right side, step left beside right, step right to right side  
15-16 Cross rock left behind right, recover forward on right

## STEP, HOLD, ¼ TURN, CROSS STEP, HOLD, ¾ TURN

- 17-20 Step left forward, hold, step right forward, ¼ turn left  
21-22 Cross right over left, hold  
23-24 Turn ¼ right step left back, turn ½ right step right forward

## SHUFFLE FORWARD LEFT & RIGHT, ROCK STEP, TOUCH, PIVOT ½ LEFT

- 25&26 Step left forward, step right beside left, step left forward  
27&28 Step right forward, step left beside right, step right forward  
29-32 Rock left forward, recover back on right, touch left back, pivot ½ turn left

## ¼ LEFT CHASSE RIGHT, ROCK BACK, CHASSE LEFT, ROCK BACK

- 33&34 ¼ turn left step right to right side, step left beside right, step right to right side  
35-36 Cross rock left behind right, recover forward on right  
37&38 Step left to left side, step right beside left, step left to left side  
39-40 Cross rock right behind left, recover forward on left

## STEP, HOLD, STEP, HOLD, MAMBO ROCK

- 41-44 Step right forward, hold, step left forward, hold  
45-48 Rock right forward, recover back on left, step right beside left, hold

## HEEL TWIST ½ TURN LEFT

- 49 Step back on left  
50-54 Making ½ turn left twist heels right, left, right, left, center (weight ends on left)

## REPEAT MOST OF THE ABOVE

- 55-94 Repeat count 1-40

## REPEAT

## RESTART

After the 2nd wall, dance the 32 first count twice. Dance a further 1 wall (94 count) & the 40 first count, add 4 counts ending

## ENDING

### STEP, HOLD, ¼ LEFT, HOLD

- 1-4 Step right forward, hold, turn ¼ left, hold

