

# Hard, Long, Soft, Short

Compte: 32

Mur: 4

Niveau: Improver



Chorégraphe: Mickey Gifford (USA)

Musique: Strokin' - Clarence Carter

Dance starts when CC sings ..."stroking to the east..." (until then you can sway your hips and look sexy)

## SLIDE RIGHT, AGAIN, SLIDE LEFT, AGAIN, HAND MOTIONS

1-4 Slide right foot right, slide left foot to right foot, again

As you're doing this, you're making a pumping motion with your right hand, so elbow bent up pump, pump. This is the same motion you made as a kid when you wanted to get a trucker or a train to blow his horn! Left hand is on your left hip

5-8 Slide left foot left, slide right foot to left foot, again (hand motions to the left this time)

## SLIDE RIGHT FOOT UP, KNEE POPS, SLIDE LEFT FOOT UP, KNEE POPS, HAND MOTIONS

1-2 Slide right foot up, on ball of that foot, right foot will bounce with knee bent (pumping 1...2 with right hand)

3-4 Slide left foot up, on ball of that foot, left foot will bounce with knee bent (pumping 1...2 with left hand)

## SLIDE RIGHT FOOT BACK, KNEE POPS, SLIDE LEFT FOOT BACK, KNEE POPS, HAND MOTIONS

5-6 Right foot slide back, right foot will bounce with knee bent (pumping 1...2 with right hand)

7-8 Slide left foot back, left foot will bounce with knee bent (pumping 1...2 with left hand)

## CHA - CHA, LEFT PIVOT, BACK GRAPEVINE, STEP RIGHT, PIVOT RIGHT

1-3 Right foot cha - cha (left hand on hip)

4-5 As you come back up to left foot you'll pivot left ¼ turn

6-8 Back grapevine, so left foot behind right foot, step out with right foot then pivot right on right foot right ¼ turn

## FRONT GRAPEVINE, STEP RIGHT, TOGETHER WITH KNEE POP, PELVIC THRUSTS

1-4 Right foot right, front grapevine (left foot in front of right foot) right foot right, left foot right with a knee pop

5-8 Pelvic thrust 4x

**LADY:** Right hand behind head in a saucy gesture

**MAN:** Hands clasped behind your back or on hips or the girl's way if you insist

REPEAT

TAG

On 4th repeat add 8 more pelvic thrusts