

Hard Livin'

拍数: 32 墙数: 2 级数: Intermediate
编舞者: Hiroko Carlsson (AUS) - December 2017
音乐: Hard Livin' - Chris Stapleton : (iTunes)



(16 count intro / Start on vocals)

[S1] Heel, Flick (behind), Heel, Flick (side), Heel, Hook, Heel, 1/4L Flick (side), Side Rock, R Heel Grind, Coaster Step, Scuff

1& R heel diagonally forward, Raise right foot behind left leg
2& R heel diagonally forward, Flick right foot to right side
3& R heel diagonally forward, Raise right foot in front of left leg
4& R heel diagonally forward, On ball of L make a 1/4 turn left and flick right foot to right side
5& Rock/step R to right side, Recover weight on L
6& Grind R heel over left, Step L to left side
7&8& Step R back, Step L next to R, Step R forward, Scuff L forward (9:00)

[S2] 2x Step-Lock-Step-Scuff, Rock Fwd, 1/2L Fwd, 1/2L Back, 3x 1/4L Ball Step

1&2& Step L forward, Lock/step R behind L, Step L forward, Scuff R forward
3&4& Step R forward, Lock/step L behind R, Step R forward, Scuff L forward
5&6 Rock/step L forward, Recover weight on R, Make a 1/2 turn left stepping forward on L
7& Make a 1/2 turn left stepping back on R, On ball of R make a 1/4 turn left
8& On ball of R make a 1/4 turn left, On ball of R make a 1/4 turn left (12:00)

[S3] Rock Fwd, 3x Back w/ Hitch, Back-Cross Touch, 1/2R Back-Cross Touch, Fwd-Touch Behind, Back w/ Hook

1& Rock/step L forward, Recover weight on R
2& Stepping back on L, Hitch R
3& Stepping back on R, Hitch L
4& Stepping back on L, Hitch R
5& Step R back, Cross touch L over R
6& Make a 1/2 turn right stepping back on L, Cross touch R over L
7& Step R forward, Tap L behind R
8& Step L back, Cross touch R toe over L (6:00)

[S4] Heel Switch, Apple Jack, Heel Switch, Scuff (side)-Hop, Side, Together

1&2& R heel forward, Step R together, L heel forward, Step L together
3& Take weight onto R heel and swivel L foot to the right side, Return your feet to centre
4& Take weight onto L heel and swivel R foot to the left side, Return your feet to centre with weight ending on L
5&6& R heel forward, Step R together, L heel forward, Step L together
7& Scuff/scoop R to right side, Small hop on L
8& Step R to right side, Step L next to R (6:00)

No Tag No Restart

(updated: 11/Dec/17)

Please feel free to contact me if you need any further information. (hirokoclinedancing@gmail.com)