

A Hard Workin' Man - Reboot

COPPER KNOB
STEPSHEETS

拍数: 48 墙数: 4 级数: Improver / Intermediate
编舞者: Cathy Snow (USA) - April 2019
音乐: Hard Workin' Man - Brooks & Dunn : (Album: REBOOT with Brothers Osborne)



[1-8] RIGHT SUGAR FOOT, TRIPLE STEP; LEFT SUGAR FOOT, TRIPLE STEP

1-2 Point right toe to left instep, right heel to left instep
3&4 Triple step in place: right, left, right
5-6 Point left toe to right instep, left heel to right instep
7&8 Triple step in place: left, right, left

[9-16] STEP FORWARD, TOUCH/CLAP; STEP BACK TOUCH/CLAP; STEP BACK, TOUCH HITCH, STEP, TOUCH

1-2 Step R forward to R diagonal. Touch L beside R, clap
3-4 Step L back to center, touch R beside L with clap.
5-6 Step back on R, Touch/Hitch L
7-8 Step forward on L. Touch R beside L

[17-24] SHUFFLE FORWARD, ROCK, RECOVER, SHUFFLE BACK, ROCK RECOVER

1&2 Shuffle forward right, left, right
3-4 Rock forward left, recover right
5&6 Shuffle back stepping left, right, left
7-8 Rock back on right, recover left

[25-32] ¼ RIGHT MONTEREY TURN; JAZZ BOX

1-2 Touch right side, turn ¼ right and step right together
3-4 Touch left side, step left together
5-6 Cross right over left; step back left
7-8 Step right side; step left forward

[33-40] LINDY RIGHT, LINDY LEFT

1&2 Shuffle right, left, right to right side
3-4 Rock back on left behind right, recover right
5&6 Shuffle left, right, left to left side
7&8 Rock back on right behind left, recover

[41-48] LOCK STEP, BRUSH; LOCK STEP, TOUCH

1-4 Step right forward, cross left behind right, step right, brush left
5-8 Step left forward, cross right behind left; step left, touch right
