

# Hard Work

COPPERKNOB  
BYEPOSTHEAT

拍数: 32      墙数: 4      级数: High Beginner  
编舞者: Stella Kim (KOR) - April 2020  
音乐: Hard Work - Jodie Abacus



Intro: 16 counts - No Tag, No Restart

## SEC 1: (SIDE TOE STRUT, CROSS TOE STRUT, SIDE, BACK ROCK, RECOVER) X2

1&2&      RF side toe touch, RF heel down, LF cross toe touch over RF, LF heel down  
3-4&      RF side, LF back rock, RF recover  
5&6&      LF side toe touch, LF heel down, RF cross toe touch over LF, RF heel down  
7-8&      LF side, RF back rock, LF recover

## SEC 2: 1/4 R MONTEREY TURN, KICK & KICK &, FORWARD, 1/2 L PIVOT, RUN, RUN, RUN

1&2&      RF side point, 1/4 turn R with RF beside LF(3:00), LF side point, LF beside RF  
3&4&      RF forward kick, RF beside LF, LF forward kick, LF beside RF  
5-6      RF forward, pivot 1/2 turn L(weight LF)(9:00)  
7&8      RF forward, LF forward, RF forward

## SEC 3: (DIAGONAL FORWARD, TOUCH/CLAP) X4, FORWARD, FORWARD KICK, COASTER CROSS

1&2&      LF diagonal forward, RF beside touch LF and clap, RF diagonal forward, LF beside touch RF and clap  
3&4&      LF diagonal forward, RF beside touch LF and clap, RF diagonal forward, LF beside touch RF and clap  
5-6      LF forward, RF forward kick  
7&8      RF back, LF beside RF, RF cross over LF

## SEC 4: L TWIST, FLICK, 1/4 L w/R TWIST, FLICK, SIDE, TOUCH, FORWARD STOMP, 1/4 L w/HEEL BOUNCE

1&2&      LF side and both swivel heels L, both swivel toes L, both swivel heels L, RF flick to L back diagonal  
3&4&      1/4 turn L with RF side and both swivel heels R(6:00), both swivel toes R, both swivel heels R, LF flick to R back diagonal  
5&6      LF side, RF beside touch LF, RF forward stomp  
7&8      1/8 turn L with both bounce heels(4:30), 1/8 turn L with both bounce heels(3:00), both bounce heels(weight LF)(3:00)

Enjoy!!

Contact: [sktelkmh@naver.com](mailto:sktelkmh@naver.com)