

Hard Day

拍数: 48 墙数: 2 级数: Phrased Intermediate
编舞者: Tomasz & Angela (DE) - June 2021
音乐: Hard Day - The Dead South



Note: The dance begins with the use of the chant

Sequence: AA, day, A, day, BB, AA, day, BBBB, day-day, A, day, BBBB

Part / Part A (1 wall) 32 count

S1: Toe strut back turning half r, toe strut forward turning half r, toe strut forward r + l

- 1 - 2 step backwards with the right, just put the tip of the foot on - half turn to the right and lower the right heel (6 o'clock)
- 3 - 4 step forward with the left, just put the toe on - half turn to the right and lower the left heel (12 o'clock)
- 5 - 6 step forward with the right, just put on the tip of your foot - lower your right heel
- 7 - 8 step forward with the left, just put on the tip of the foot - lower the left heel

S2: Jazz box with touch, rolling vine l

- 1 - 2 Cross right foot over left - step backwards with left
- 3 - 4 step to the right with right - touch left foot next to right
- 5 - 8 3 steps to the left, doing one full turn to the left

(l - r - l) - Touch right foot next to left

S3: Jump - back - kick - close, step - pivot half l, jump - back - kick - close, stomp, stomp forward

- 1 & 2 Jump backwards with the right - kick the left foot forward and move it towards the right
- 3 - 4 step forward with right - half turn to the left on both bales, weight at the end on the left (6 o'clock)
- 5 & 6 Jump backwards with the right - kick the left foot forward and put it against the right
- 7 - 8 Stamp right foot next to left (without changing weight) - Stamp right foot in front

S4: Swivet, rock back, step - pivot - half l, stomp r + l

- 1 - 2 turn left toe to the left / right heel to the right - turn feet straight again (weight at the end on the left)
- 3 - 4 step backwards with right, lift left foot - weight back on the left foot
- 5 - 6 step forward with right - half turn to the left on both bales, weight at the end on the left (12 o'clock)
- 7 - 8 Stamp right foot next to left - stamp left foot next to right

Part / Part B (2 wall) 16 count, starts the first time towards 12 o'clock

S1: Shuffle forward r + l, rock forward, half turn r / rock forward

- 1 & 2 step forward with right - put left foot on right and step forward with right
- 3 & 4 Step forward with left - put right foot next to left and step forward with left
- 5 - 6 step forward with right and weight back on left foot
- 7 - 8 Half turn right, step forward with right and weight back on left foot (6 o'clock)

S2: Vine r, rolling vine l

- 1 - 2 to the right with right - cross left foot behind right
- 3 - 4 step to the right with right - touch left foot next to right
- 5 - 8 3 steps to the left, doing one full turn to the left (l - r - l) - Touch right foot next to left

Tag / bridge (1 wall; starts in the direction of 12 noon - after the end of the 2nd, 3rd, 7th, 13th - 2 x, 14th round)

T1: Apple jacks 2 x

& 1 Turn right hook and left foot tip to the left and back again

& 2 Turn left heel and right toe to the right and back again

& 3 & 4 Like & 1 & 2 (weight at the end on the left)

(Option for '1 - 4'. 2X turn left heel to the left / right toe to the right - turn feet straight again)
