

Work Harder

COPPER KNOB
BY STEPHEN

拍数: 32 墙数: 4 级数: Improver
编舞者: Fred Whitehouse (IRE) - April 2022
音乐: Work Harder - Adele Roberts, James Oliver Hutchinson & Andrea Christina Obeid



Intro: 16 Counts, Start at approx 8 secs

SEC 1: Grapevine, Cross, Side Rock, Weave, $\frac{1}{8}$ Step

1-2 Step right to right, step left behind right
3-4 Step right to right, cross left over right
5& Rock right to right, recover weight onto left
6&7 Cross right over left, step left to left, step right behind left bending both knees
8 Turn $\frac{1}{8}$ left step left forward (10:30)

SEC 2: Rock, Side Rock, Back Sweep, Back $\frac{1}{8}$ Sweep, Back Sit, Recover

1-2 Rock right forward, recover weight onto left
3-4 Rock right to right, recover weight onto left
5 Step right back sweeping left from front to back
6 Step left back turn $\frac{1}{8}$ right sweeping right from front to back (12:00)
7-8 Step right back sitting into right hip, recover weight onto left

Restart Here on Wall 2

SEC 3: Scuff, Out Out, Knee In Out, Samba Step, Cross, $\frac{1}{4}$ Back, Back

1&2 Scuff right forward, step right to right, step left to left
3-4 Twist right knee in, twist right knee out transferring weight onto right
5&6 Cross left over right, rock right to right, recover weight onto left
7&8 Cross right over left, turn $\frac{1}{4}$ right step left back, step right back (3:00)

SEC 4: Back, Back, Coaster Step, Hip Bump $\frac{1}{2}$ Turn, Hip Bump $\frac{1}{2}$ Turn

1 Step left back grinding right heel twisting right toe to right
2 Step right back grinding left heel twisting left toe to left
3&4 Step left back, step right beside left, step left forward
5&6 Turn $\frac{1}{4}$ left point right to right bumping hips to right, bump hips to left, turn $\frac{1}{4}$ left bump hips back transferring weight onto right (9:00)
7&8 Turn $\frac{1}{4}$ left point left to left bumping hips to left, bump hips to right, turn $\frac{1}{4}$ left bump hips forward transferring weight onto left (3:00)