

The Hard Way

拍数: 58

墙数: 2

级数: Intermediate/Advanced contra
dance



编舞者: Dana Fassett (USA)

音乐: Baby Likes to Rock It - The Tractors

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|-------|---|
| 1-2 | Right foot kick forward & replace |
| 3-4 | Left foot kick forward & replace with $\frac{1}{4}$ turn to the left |
| 5-6 | Right foot kick forward & replace |
| 7&8 | Left foot kick ball change |
| 9&10 | Shuffle forward left right left |
| 11&12 | Shuffle forward right left right |
| 13&14 | Shuffle forward left right left |
| 15&16 | Right foot kick ball cross (kick with right foot, touch down with right ball, left foot step right across right foot) |
| 17-20 | Vine right and scuff |
| 21-24 | Vine left and back at 45 degrees with scuff and clap |
| 25-28 | Vine right and back at 45 degrees with scuff and clap |
| 29-32 | Vine left and back at 45 degrees with scuff and clap |
| 33-36 | Vine right and back at 45 degrees with scuff and clap |
| 37-40 | Hips bump left twice, then right twice |
| 41-44 | Hips bump left right left right |
| 45-48 | Vine left and scuff with $\frac{1}{4}$ turn to the left on scuff |
| 49 | Right foot step left crossing in front of left foot |
| 50-52 | Walk backward left right left, avoiding other person |
| 53&54 | Right foot kick ball cross |
| 55 | Right foot giant step to right |
| 56 | Left foot slide together |
| 57-58 | Stomp right, stomp left |

REPEAT
