

The Hard Way

拍数: 78 墙数: 4 级数: Intermediate
编舞者: Geoff Evans (UK)
音乐: The Hard Way - Faith Hill



- 1&2&3&4 Right heel, forward left heel forward, right heel forward double stamp right heel stomps half time so count as one step
- 5-8 Chasse right stepping right close left, step $\frac{1}{4}$ step to right, step forward onto left & $\frac{1}{2}$ pivot to the right so that weight ends on right
- 9-12 Lock steps forward: left lock right behind left scuff right forward step forward on right foot lock left behind, step forward right scuff left forward
- 13-16 Skip backwards: left, right, left, crossing each step behind, & stomp right foot next to left
- 17-20 Right, left, right, & rolling grapevine to the right, stepping stomp left foot, & double clap
- 21-24 Rolling grapevine left stepping, left, right, left, & stomp right next to left, & double clap
- 25-30 Shuffle forward stepping, right, left, right, left, right, left completing $\frac{1}{4}$ turn to right
- 31-36 Shuffle backwards stepping right, left, right, left, right, left completing $\frac{1}{4}$ turn to right
- 37-41 Step forward onto right, rock back onto left, step forward onto right, close with left, step forward onto right as you do this move you should roll your hips
- 42-46 Step forward onto left rock back onto right, step forward onto left close with right, step forward onto right, again roll hips
- 47-50 Grapevine right scuff stepping right, left, right, & scuff left foot
- 51-54 Rolling grapevine left & clap stepping left, right, left
- 55-58 Shuffle forward stepping right, left, right,
- 59-62 Shuffle forward stepping left, right, left,
- 63-66 Touch right toe forward, right toe back, turn half turn to right keeping weight on the left foot, & hook right across left shin
- 67-70 Shuffle forward stepping right, left, right
- 71-74 Shuffle forward stepping left, right, left
- 75-78 Walk back stepping right, left, right, together

REPEAT
