

Hard Work

拍数: 94 墙数: 1 级数: Intermediate
编舞者: Thomas Malmgren (SWE)
音乐: Tufft jobb - Nisse Hellberg



MAMBO ROCK FORWARD & BACK

1-4 Rock right forward, recover back on left, step right beside left, hold
5-8 Rock back on left, recover forward on right, step left beside right, hold

½ MONTEREY TURN, CHASSE RIGHT, LEFT CROSS ROCK BACK

9-10 Touch right to right side, on ball of left foot turn ½ right stepping right beside left
11-12 Touch left to left side, step left beside right
13&14 Step right to right side, step left beside right, step right to right side
15-16 Cross rock left behind right, recover forward on right

STEP, HOLD, ¼ TURN, CROSS STEP, HOLD, ¾ TURN

17-20 Step left forward, hold, step right forward, ¼ turn left
21-22 Cross right over left, hold
23-24 Turn ¼ right step left back, turn ½ right step right forward

SHUFFLE FORWARD LEFT & RIGHT, ROCK STEP, TOUCH, PIVOT ½ LEFT

25&26 Step left forward, step right beside left, step left forward
27&28 Step right forward, step left beside right, step right forward
29-32 Rock left forward, recover back on right, touch left back, pivot ½ turn left

¼ LEFT CHASSE RIGHT, ROCK BACK, CHASSE LEFT, ROCK BACK

33&34 ¼ turn left step right to right side, step left beside right, step right to right side
35-36 Cross rock left behind right, recover forward on right
37&38 Step left to left side, step right beside left, step left to left side
39-40 Cross rock right behind left, recover forward on left

STEP, HOLD, STEP, HOLD, MAMBO ROCK

41-44 Step right forward, hold, step left forward, hold
45-48 Rock right forward, recover back on left, step right beside left, hold

HEEL TWIST ½ TURN LEFT

49 Step back on left
50-54 Making ½ turn left twist heels right, left, right, left, center (weight ends on left)

REPEAT MOST OF THE ABOVE

55-94 Repeat count 1-40

REPEAT

RESTART

After the 2nd wall, dance the 32 first count twice. Dance a further 1 wall (94 count) & the 40 first count, add 4 counts ending

ENDING

STEP, HOLD, ¼ LEFT, HOLD

1-4 Step right forward, hold, turn ¼ left, hold

