

Hard Working

拍数: 76 墙数: 0 级数:
编舞者: Krystle Duval (AUS) & Brad Skinner (AUS)
音乐: Workin' for the Weekend - Ken Mellons



- 1-2 Left knee pop, hold for one beat
3-4 Right knee pop, hold for one beat
5-8 Left, right, left knee pops
9 Canter out right and left
10 Canter in right and left
- 11-14 Jump feet apart, jump and cross feet right over left, unwind ½ turn and jump forward
15-18 Two hip bumps to the left and two hip bumps to the right
19-22 Hip grinds right, left, right, left
- 23-24 Right sailor step
25-26 Left sailor step
- 27-28 Two right scoots turning a ¼ turn on each scoot to the left
29 Step down on left turning a ¼ turn to the left
30 Scoot on left turning a ¼ turn to the left
- 31-36 Step left down and right together and two heel splits
37-38 Shuffle on right turning ¼ turn on the second beat while traveling right
39-40 Shuffle on left turning ¼ turn to the left on first beat of left shuffle
- 41-44 Vine right turning ½ turn to the right, touch left foot together
45-48 With head down, swivel heels left, toes left, heels left, pause
49-52 Heels right, toes right, heels right, lifting head pause
53-54 Touch right heel forward, step right together and left toe behind
55-56 Jump on right foot turning ½ turn to the left, step together, jump to left toe behind
- 57-58 Left ball-jack
59-60 Right ball-jack
61-62 Left ball-jack
63-64 Jump feet apart, jump feet together
- 65-68 Step right feet forward at 45 degrees while shimmering for two beats, step left foot to left side while shimmering for two beats
69-72 Step back on right foot while shimmering for two beats, step left foot together while shimmering for two beats
73-76 Jump twice while turning ½ turn to the left, jump forward, pause for one pause

REPEAT
