

# The Hardest Word

拍数: 32      墙数: 4      级数: Improver  
编舞者: Helen Peers (UK)  
音乐: Sorry Seems to Be the Hardest Word - Blue



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## ROCK CROSS SIDE, CROSS ¼ BACK, ROCK BACK AND FORWARD, LEFT LOCK STEP

1&2      Cross rock right over left, recover onto left, step right to right side  
3&4      Cross left over right, step back onto right turning ¼, stepping back on left  
5&6      Rocking back onto right, recover forward onto left, and step forward onto right  
7&8      Stepping left forward, lock right behind left, stepping forward left

## ROCK AND CROSS, SIDE BEHIND ¼, TRIPLE FULL TURN, MAMBO STEP

1&2      Rock right to right side, recover onto left, cross right over left  
3&4      Left to left side, right behind left, step forward left making ¼ turn  
5&6      Making triple full turn (right, left, right)  
7&8      Left rock, recover onto right, step left in place

## COASTER STEP, ROCK AND HALF TURN, TRIPLE FULL TURN, MAMBO STEP

1&2      Back right, left together, step forward onto right  
3&4      Rock onto left, recover onto right, step forward left making ½ turn  
5&6      Making full turn (right, left, right)  
7&8      Rock forward onto left, recover back onto right, place weight onto left

## ROCK AND CROSS TWICE, SIDE BEHIND ¼, STEP ½ STEP

1&2      Right rock to right side, replace weight onto left and cross right over left  
3&4      Left rock to left side, replace weight onto right and cross left over right  
5&6      Step right to right side, left behind, turn ¼ stepping forward onto right  
7&8      Step forward onto left, pivot half turn, step forward left

**REPEAT**

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