

Hard Knocks

拍数: 32

墙数: 4

级数: Newcomer / Novice - Smooth
(WCS)



编舞者: Gueric Auville (FR) - May 2012

音乐: Hard Knocks - Joe Cocker

WALK FORWARD x2, MAMBO FORWARD, 2 STEPS BACK, ½ TURN SHUFFLE

- 1 RF step forward
- 2 LF step forward
- 3 RF rock forward
- & LF recover
- 4 RF step back
- 5 LF step back
- 6 RF step back
- 7 LF ¼ turn left step side left
- & RF step next to LF
- 8 LF ¼ turn left step forward (6:00)

TOUCH WITH BUMP, ½ TURN STEP, ½ TURN TOUCH WITH BUMP, STEP, STEP, ¾ TURN, BEHIND SIDE CROSS

- 9 RF touch forward bumping right hip
- 10 RF ½ turn left step back (12:00)
- 11 LF ½ turn left touch forward bumping left hip (6:00)
- 12 LF step forward
- 13 RF step forward
- 14 LF ¾ turn left (end the turn with left sweep) (9:00)
- 15 LF cross behind RF
- & RF step right side
- 16 LF cross over RF

SIDE, KICK BALL CROSS, SIDE, HEEL BOUNCE, BALL CROSS

- 17 RF step right side
- 18 LF kick to left diagonal
- & LF step next to RF
- 19 RF cross over LF
- 20 LF step left side
- 21-23 RF bounce right heel x3
- & RF step next to LF
- 24 LF cross over RF

¼ TURN STEP, WALK, KICK BALL CROSS, ¼ TURN (HITCH or SWEEP), STEP, ½ TURN, KICK

- 25 RF ¼ turn right step forward (12:00)
- 26 LF step forward
- 27 RF kick to right diagonal
- & RF step next to LF
- 28 LF cross over RF
- 29 RF ¼ left (hitch or sweep) (9:00)
- 30 RF step forward
- 31 RF ½ turn left (keep weight on RF)(3:00)
- 32 LF kick to left diagonal
- & LF step next to RF

TAG : 16 counts at the end of wall 5 : you will be at 3:00

TS1. CROSS, ¼ UNWIND, SIDE ROCK, CROSS, TOUCH, TOGETHER, TOUCH, STEP

- 1 RF cross over LF
- 2-3 RF ¼ turn left (keep weight on RF) (6:00)
- & LF rock side left
- 4 RF recover
- 5 LF cross in front of RF
- 6 RF touch side right
- & RF step next to LF
- 7 LF touch side left
- 8 LF step next to RF

TS2. WALK x2, ANCHOR STEP, SAILOR STEP, BEHIND, ¼ TURN

- 9 RF step forward
- 10 LF step forward
- 11 RF cross behind LF
- & LF step in place
- 12 RF step slightly back
- 13 LF cross behind RF
- & RF step side right
- 14 LF step side left
- 15 RF cross behind LF
- 16 LF ¼ turn left step forward (3:00)

Then start wall 6 (facing 3:00)
