

Hard Work

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Neville Fitzgerald (UK) & Julie Harris (UK) - November 2014
音樂: Hard Work - Ella Henderson : (iTunes)



Starts after 16 Counts

Side, Cross Shuffle, Cross, Side, Behind, Behind, Side, Step, Step, 1/2, 3/4 .

- 1-2&3 Step Left to Left side, cross Right over Left, step Left to Left side, cross step Right over Left.
(travel diagonally towards 10.30)
- 4&5 (Still facing 10.30) Cross step Left over Right, step Right to Right side, cross step Left behind
Right.
- 6&7 Make 1/8 turn to Left as you cross step Right behind Left, step Left to Left side, step forward
on Right. (this will look □□ □circular)□□□□□□□□□□(9.00)
- 8&1 Step forward on Left, 1/2 pivot to Right, make 3/4 turn to Right stepping Left next to
Right.□□(12.00)

Side Rock, Back Rock, 1/4, 1/2, Back Rock Recover, Step, 1/2, 1/2 Side.

- 2& Rock Right to Right side, recover on Left.
- 3& Cross rock Right behind Left, recover on Left.□□.
- 4-5 Make 1/4 turn to Right stepping forward on Right. Make 1/2 turn to Right stepping back on
Left as you sweep Right to Right □side.□ □□□□□□□□□(9.00)
- 6&7 Rock back on Right, recover on Left, step forward on Right.
- 8&1 Make 1/2 turn to Right stepping back on Left, 1/2 turn to Right stepping forward Right, step
Left to Left side .**R**(9.00)

Cross Rock, Side Rock, Back Rock, Side, Back Rock, Side Rock. Cross Rock, 1/4 .

- 2&3& Cross rock Right over Left, recover on Left, rock Right to Right side, recover on Left
- 4&5 Cross rock Right behind Left, recover on Left. Step Right to Right side.
- 6&7& Cross rock Left behind Right, recover on Left, rock Left to Left side, recover on Right.
- 8&1 Cross rock Left over Right, recover on Right, make 1/4 turn to Left stepping forward on
Left.□□□(6.00)

Step 1/2 Step, 1/2, 1/2, 1/4, Back Rock 1/4, 1/4 Cross.

- 2&3 Step forward on Right, 1/2 pivot to Left, step forward on Right.
- 4&5 Make 1/2 turn to Right stepping back on Left, 1/2 turn to Right stepping forward on Right, 1/4
turn to Right stepping Left to □Left side.
- 6&7 Cross rock Right behind Left, recover on Left, make 1/4 turn to Left stepping back on Right.
- 8& Make 1/4 turn to Left stepping Left to Left side, cross step Right over Left .

Begin again :)

Restart during Wall 3: Dance Up to and including count 16& section 2, then Restart from beginning.