

# Hardy

拍數: 80      牆數: 2      級數: Intermediate / Advanced  
編舞者: Darren Bailey (UK) - December 2019  
音樂: ALL SHE LEFT WAS ME - HARDY



## Intro: 16 Counts

### Dorothy R, Dorothy L, Side, Behind, Ball, Cross Shuffle

1-2&      Step RF to R diagonal, Lock LF behind RF, Step RF to R diagonal  
3-4&      Step LF to L diagonal, Lock RF behind LF, Step LF to L diagonal  
5-6&      Step RF to R side, Cross LF behind RF, Step RF to R side,  
7&8      Cross LF over RF, Step RF to R side, Cross LF over RF

### Toe Heel switches with 1/4 turn L, Twist, Twist

1&2&      Touch RF to R side, Close RF next to LF, Touch LF to L side, Close LF next to RF  
3&4&      Touch R heel forward, Close RF next to LF, Touch L toe next to RF, Step Lf next to RF  
            making a 1/4 turn L  
5&6&      Touch R toe next to LF, Step RF next to LF, Touch L heel forward, Step LF next to RF  
7&8      Step forward on RF, Twist both heels to R, Twist both heel back to centre (weight on LF)

### Back, Back, Coaster Sweep, Shuffle Sweep, Shuffle Sweep

1-2      Step back on RF, Step back on LF  
3&4      Step back on RF, Close LF next to RF, Step forward on RF and sweep LF from back to front  
5&6      Step forward on LF, Close RF next to LF, Step forward on LF and sweep RF from back to  
            front  
7&8      Step forward on RF, Close LF next to RF, Step forward on RF and sweep LF from back to  
            front

### Cross, 1/4 turn L, Chasse 1/4 turn L, Out, Out, In, In

1-2      Cross LF over RF, Make a 1/4 turn L and step back on RF  
3&4      Step LF to L side, Close RF next to LF, Make a 1/4 turn L and step forward on RF  
5-6      Step RF out to R diagonal, Step LF out to L diagonal  
7-8      Step RF in, Step LF in

**Note: Add the Tag here on wall 3. Then start the dance again.**

### Syncopated Rock Steps, Mashed Potatoes Back, Coaster Step

1-2&      Rock forward on RF, Recover onto LF, Close RF next to LF  
3-4      Rock forward on LF, Recover onto RF  
5-6      Step back on LF, Step back on RF (Mashed potato steps going back)  
7&8      Step back on LF, Close RF next to LF, Step forward on LF

### Walk R, L, Shuffle Forward, Pivot 1/2 turn R, 1/4 turn R with Slide, Touch

1-2      Step forward on RF, Step forward on LF  
3&4      Step forward on RF, Close LF next to RF, Step forward on RF  
5-6      Step forward on LF, Make a 1/2 turn pivot R  
7-8      Make a 1/4 turn R and take a big step to L with LF, Touch RF next to LF

### Hip Bumps with 1/2 turn L

1-2      Touch RF to R side and bump hip to R, Step RF next to LF  
3-4      Touch LF to L side and bump hip to L, Step LF next to RF  
5-6      Touch RF forward and bump hip to R, Close RF next to LF  
7-8      Make a 1/2 turn L and touch LF forward bumping hip to L, Close LF next to RF

**Walk x2, Ball Cross, Step, 1/4 turn R, Cross Shuffle**

- 1-2 Step forward on RF, Step forward on LF  
&3-4 Step forward on RF, make a little turn to L and cross LF over RF, Make a little turn to R and step forward on RF  
5-6 Step forward on LF, Make a 1/4 turn R  
7&8 Cross LF over RF, Step RF to R side, Cross LF over RF

**Rock, Recover, Behind, Side, Cross with 1/4 turn L, Rock, Recover, Coaster Step**

- 1-2 Rock RF to R side, Recover onto LF  
3&4 Cross RF behind LF, Make a 1/4 turn L and step forward on LF, Step forward on RF  
5-6 Rock forward on LF, Recover onto RF  
7&8 Step back on LF, Close RF next to LF, Step forward on LF

**Crossing Heel Jacks R, L, Touch, Step, Full turn L**

- 1&2& Cross RF over LF, Step LF to L side, Touch R heel to R diagonal, Step onto RF  
3&4& Cross LF over RF, Step RF to R side, Touch L heel to L diagonal, Step into LF  
5&6 Touch RF next to LF, Step back on RF, Step forward on LF (prepping body to R)  
7-8 Over 2 counts make a full turn to L on LF

**TAG: On wall 3 after 32 Counts:**

**3/4 turn L with 4 Walks.**

- 1-2 Step forward on RF, Make a 1/4 turn L and step Forward on LF  
3-4 Make a 1/4 turn L and step Forward on RF, Make a 1/4 turn L and step Forward on LF
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