

Hard Work

COPPERKNOB
STYLEDANCE

拍數: 32 牆數: 4 級數: High Beginner
編舞者: Stella Kim (KOR) - April 2020
音樂: Hard Work - Jodie Abacus



Intro: 16 counts - No Tag, No Restart

SEC 1: (SIDE TOE STRUT, CROSS TOE STRUT, SIDE, BACK ROCK, RECOVER) X2

1&2& RF side toe touch, RF heel down, LF cross toe touch over RF, LF heel down
3-4& RF side, LF back rock, RF recover
5&6& LF side toe touch, LF heel down, RF cross toe touch over LF, RF heel down
7-8& LF side, RF back rock, LF recover

SEC 2: 1/4 R MONTEREY TURN, KICK & KICK &, FORWARD, 1/2 L PIVOT, RUN, RUN, RUN

1&2& RF side point, 1/4 turn R with RF beside LF(3:00), LF side point, LF beside RF
3&4& RF forward kick, RF beside LF, LF forward kick, LF beside RF
5-6 RF forward, pivot 1/2 turn L(weight LF)(9:00)
7&8 RF forward, LF forward, RF forward

SEC 3: (DIAGONAL FORWARD, TOUCH/CLAP) X4, FORWARD, FORWARD KICK, COASTER CROSS

1&2& LF diagonal forward, RF beside touch LF and clap, RF diagonal forward, LF beside touch RF and clap
3&4& LF diagonal forward, RF beside touch LF and clap, RF diagonal forward, LF beside touch RF and clap
5-6 LF forward, RF forward kick
7&8 RF back, LF beside RF, RF cross over LF

SEC 4: L TWIST, FLICK, 1/4 L w/R TWIST, FLICK, SIDE, TOUCH, FORWARD STOMP, 1/4 L w/HEEL BOUNCE

1&2& LF side and both swivel heels L, both swivel toes L, both swivel heels L, RF flick to L back diagonal
3&4& 1/4 turn L with RF side and both swivel heels R(6:00), both swivel toes R, both swivel heels R, LF flick to R back diagonal
5&6 LF side, RF beside touch LF, RF forward stomp
7&8 1/8 turn L with both bounce heels(4:30), 1/8 turn L with both bounce heels(3:00), both bounce heels(weight LF)(3:00)

Enjoy!!

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