

Hard Work

拍數: 32 牆數: 4 級數: Improver
編舞者: Hanna Pitkanen (FIN) - 4 April 2023
音樂: Hard Work - John Handy



Start the dance after 16 counts

[1-8]: Hip bumps R x2, hip bumps L x2, 1/2 rumba box

1&2 Step R to side bumping hips right (1), bump hips left (&), bump hips right (2)*
3&4 Step L to side bumping hips left (1), Bump hips right(&), bump hips left (2)*
5,6 Step R to side (5), step L next to R (6)
7,8 Step R forward (7), hold (8)

[9-16]: Toe-heel- step L & R, side L, drag

1,2 Touch L toes to side twisting knee in (1), touch L heel to side pointing knee out (2)
3,4 Step L forward (3), touch R toes to side twisting knee in (4)
5,6 touch R heel to side twisting knee out (5), step R forward (6)
7,8 Big step to side on L (7), drag R towards L (8)

[17-24] ¼ right turning jazzbox, R scissor step, hold

1,2 Cross R over L (1), ¼ turn R stepping back L (2) facing 3
3,4 Step R to side (3), cross L over R (4)
5,6 Step R to side (5), step L next to R (6)
7,8 Cross R over L (7), hold (8)

[24-32] Wine right, L scissor step

1,2 Step L to side (1), step R behind L (2)
3,4 Step L to side (3), step R over L (4)
5,6 Step L to side (5), step R next to L (6)
7,8 Cross L over R (7), hold (8)

REPEAT

* More specific explanation for hip bumps: hip action comes from weight transfers and from bending the other leg. Transfer weight to a straight right leg at the same time bending left knee, then straighten left knee transferring weight towards the middle on &-count and bend left knee again on count 2 transferring full weight on right leg. Then do the same thing, but with opposite legs on counts 3&4. Looks even better, when you angle your body slightly to the same diagonal, as you are bending your leg.

Have fun dancing!

Contact: hanna.pitkanen4@gmail.com