

# Hard Way

拍數: 32      牆數: 4      級數: Improver  
編舞者: Sylvia Stropp (DE) & Sarah Stropp (DE) - May 2023  
音樂: The Hard Way - PNAU & Khalid



## Dance Begins after 32 Counts

### Cross Point, Cross Point, ¼ Turn Jazz box with cross

1-2            cross right over left, point left to left side  
3-4            cross left over right, point right to right side  
5-6            cross right over left, ¼ turn to left, left back (3 o'clock)  
7-8            right to right, left cross right

### Chassè Right, Back Rock, Chassè Left, Back rock

1&2            step right next to right, left to right, step to right side  
3-4            cross left behind right, weight back on right  
5&6            step left next to left side, right next to left, step to left side  
7-8            cross right behind left, weight back on left

### Walk, Walk, Kick ball Change, Rock recover, Sailer Step with ¼ turn R

1-2            step right forward, step left forward  
3&4            right kick forward, right next left, lift left, weight back on left  
5-6            step right forward, lift left heel, weight back on left  
7&8            ¼ turn with right and cross back left, left next to right, step right forward (6 o'clock)

### ¼ turn Chassè, back Rock, ½ Chassè turn, Coaster Step

1&2            ¼ turn over left shoulder (9 o'clock), step left to left side, right next left, step left to left side  
3-4            cross right behind left, weight back on left  
5&6            step right with ¼ turn over right shoulder, left with ¼ turn to right food, right step back (3 o'clock)  
7&8            step back left, right next left, step left forward

Ending: ½ Turn to 12 o'clock

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