

Working Hard

COPPER **NOB**
BY STEPHEN

拍數: 64 牆數: 0 級數:
編舞者: Carol Green (AUS)
音樂: Working For A Living - Craig Giles



DIAGONAL KICK, TOE FORWARD, DOUBLE HEEL DROP; TWICE

1-2 Kick right foot diagonal forward & right, touch right toe diagonal forward & right
3&4 Drop right heel (no weight)/lift right heel, drop right heel (no weight)
5-6 Kick left foot diagonal forward & left, touch left toe diagonal forward & left
7&8 Drop left heel (no weight)/lift left heel, drop left heel (no weight)

MONTEREY TURN: TWICE, 4 BACK TOE STRUTS

9-12 Point right toe to right, turning ½ right close right foot to left foot, point left toe to left, close left foot to right foot
13-16 Repeat beats 9-12
17-18 Touch right toe back, transfer weight to right foot dropping right heel
19-20 Touch left toe back, transfer weight to left foot dropping left heel
21-24 Repeat beats 17-20

SUGARFOOT, SIDE, TOUCH, CLAP 2, FORWARD STOMP 2 TWICE

25-28 Touch right toe to left instep, touch right heel to left instep, step right foot to right, touch left foot to right foot
29-32 Clap, clap, stomp left foot forward (with weight), stomp right foot alongside left foot (with weight)
33-36 Touch left toe to right instep, touch left heel to right instep, step left foot to left, touch right foot to left foot
37-40 Clap, clap, stomp right foot forward (with weight), stomp left foot alongside right foot (with weight)

STRUTTING OUT OUT: STRUTTING IN IN

41-42 Touch right toe to right, transfer weight to right foot dropping right heel
43-44 Touch left toe to left, transfer weight to left foot dropping left heel so feet are apart
45-46 Touch right toe to center, transfer weight to right foot dropping right heel
47-48 Touch left toe alongside right foot, transfer weight to left foot dropping left heel

ROCKING CHAIR, STOMPING RUN 4 TURNING ¼ LEFT: TWICE

49-52 Rock right foot forward, recover left foot, rock right foot back, recover left foot
53-54 Bending knees slightly stomp right foot forward (with weight), stomp left foot forward (with weight)
55-56 Stomp right foot forward (with weight), turning ¼ left & stomp left foot forward (with weight) straightening knees
57-64 Repeat beats 49-56

REPEAT

TAG

After first sequence

FORWARD STOMP 2, CLAP 2, MONTEREY TURN: TWICE

1-4 Repeat beats 39-40, repeat beats 37-38
5-12 Repeat beats 9-16

After 3rd & 6th sequences

1-3 Forward stomp right, clap 2

FINISH

Finish the dance during 7th sequence with an out toe strut to face the front.
