

# Hard Goodbye

拍數: 56      牆數: 4      級數: Beginner  
編舞者: Dancin' Mamas (SWE)  
音樂: Can't Let Go - Ulrika Beijer



Free Music download: [www.dansairad.nu](http://www.dansairad.nu)

## HEEL, HOOK, HEEL, HEEL, RUN, RUN, RUN, SCUFF

1-2      Dig right heel forward, hook right leg over left  
3-4      Dig right heel forward twice  
5-7      "Run" forward on right, left, right  
8      Scuff

## CROSS, BACK, BACK, HOLD, CROSS, BACK, BACK, HOLD

1-2      Cross left over right, step back on right  
3-4      Step back on left, hold, (turning body slightly to left, leading with left shoulder)  
5-6      Cross right over left, step back on left  
7-8      Step back on right, hold, (turning body slightly to right, leading with right shoulder)

## BUMPS

1-2      Bump hips left, hold  
3-4      Bump hips right, hold  
5-8      Bump hips left, right, bump hips left, hold

## ¼ VINE, ¼ TURN VINE, HITCH, ¼ TURN VINE, HOLD

1-2      Turn ¼ left step right to right side (facing 9:00), step left behind right  
3-4      Turn ½ right hitch right knee, (facing 3:00), hold  
5-6      Step left to left side, step right behind left  
7-8      ¼ turn left step forward on left, hold (facing 12:00)

## ½ TURN, HOLD, ½ TURN, HOLD, STEP, LOCK, STEP, SCUFF

1-2      ½ turn left step back on right, hold and snap fingers  
3-4      ½ turn right step forward on left, hold and snap fingers  
5-6      Step forward on right, lock left foot behind right  
7-8      Step forward on right, scuff left forward

## JAZZ BOX WITH TOE STRUTS ¼

1-2      Cross step left toe over right foot, drop heel taking weight  
3-4      Step back on right toe, drop heel taking weight  
5-6      ¼ turn left stepping left toe forward, drop heel taking weight  
7-8      Step forward on left toe, drop heel taking weight

## STOMP, HOLD, STOMP, HOLD, RUN, RUN, RUN, HOLD

1-2      Stomp left foot forward, hold  
3-4      Stomp right foot forward, hold  
5-8      "Run" forward on left right, left, hold

Put your right hand on the shoulder on the person in front of you, use your left arm to do a "train" motion

REPEAT