

The Hard Way

拍數: 64 牆數: 4 級數: Intermediate
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音樂: The Hard Way - Faith Hill



SAILOR STEPS, COASTER STEP WITH ¼ TURN, PIVOT ½ TURN

1&2 Right foot step behind left, step left foot to left side, step right foot to right side
3&4 Left foot step behind right, step right foot to right side, step left foot to left side
5&6 Step back on right with a ¼ turn to the right, step left beside right, step forward right
7-8 Step left foot forward, pivot a ½ turn on the left foot by the left, step right beside left

HEEL SWITCHES, STEP SLIDE, HEEL SWITCHES, RIGHT SHUFFLE

1&2& Touch left heel forward and return to place, touch right heel forward and return to place
3-4 Step forward left and slide right up to left, toe touch right beside left
Optional - lean the upper body back on the slide step
5&6& Touch right heel forward and return to place, touch left heel forward and return to place
7&8 Forward right shuffle

TWO ½ PIVOTS, ROCK STEP, TRIPLE STEP WITH A ½ TURN

1-2 Step left foot forward, pivot a ½ turn right
3-4 Step left foot forward, pivot a ½ turn right
5-6 Rock forward on the left foot, recover weight back on right foot
7&8 ½ turn left stepping left, right, left

Move forward on this step to allow you to get in to the next step more easily

ROCK STEPS, 2 WALKS FORWARD, HEEL LIFT AND SWIVEL

1&2 Moving forward, rock right foot to right side, recover weight on left, step right beside left
3&4 Moving forward, rock left foot to left side, recover weight on right, step left beside right
5-6 Step forward right, step left foot beside right
&7&8 Raise and lower both heels, swivel both heels to the right and return to center

Optional body roll. Bend both knees and push pelvis then stomach and then ribs forward in a rolling motion until standing; the counts are 7,8

2 X KICK AND POINT, 2 X SHUFFLES BACK

1&2 Kick right foot forward, step right next to left and point left toe to left side
3&4 Kick left foot forward, step left next to right and point right toe to right side
5&6 Shuffle back right, with a slight body turn to the right
7&8 Shuffle back left, with a slight body turn to the left

2 X KICK AND POINT, 2 X ½ PIVOTS

1&2 Kick right foot forward, step right next to left and point left toe to left side
3&4 Kick left foot forward, step left next to right and point right toe to right side
5-6 Step right foot back, pivot a ½ turn on the right by the right, keeping weight on the right foot
7-8 Step left foot forward, pivot a ½ turn on the left by the right, keeping weight on the left foot

STEP HOLD, STEP SHUFFLE, HEEL TOUCH, TOE TAP, ½ TURN

1-2 Step right foot to right side and hold for one count
Optional. On the hold, count 2, sharply turn the head to the right
&3&4 Step left foot next to right foot and execute a right side shuffle moving to the right side
5-6 Touch left heel forward, tap left toe back
7&8 Making a ½ turn to the left, keep weight balanced on the balls of both feet, lower and raise heels three times while making the turn to the left

SHUFFLE RIGHT, ROCK STEP, THREE STEP TURN LEFT, TOE TOUCH RIGHT

1&2 Right shuffle to right side

3-4 Cross rock left over right, recover weight back on right

5-6-7-8 Stepping left, right, left make a full turn to the left side and toe touch right beside left

Optional. Head tilt to the right on the toe touch

REPEAT
