

# The Hard Way

拍數: 64      牆數: 4      級數: Intermediate  
編舞者: Nicola McQuillan  
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**

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