

The Hard Way

拍數: 0 牆數: 4 級數:
編舞者: Anita Ludlow (UK)
音樂: The Hard Way - Kasey Chambers



Sequence: AB,AAB, AAB, A

PART A

SIDE ROCK, CROSS SHUFFLE, HALF TURN, ROCK ACROSS

- 1-2-3&4 Rock right to right side, recover weight on left. Cross shuffle by stepping right over left, step left to left side, step right over left
- 5-6-7-8 Step left back as you $\frac{1}{4}$ turn right, swivel on left as you turn $\frac{1}{4}$ right again & step right to right side (completing $\frac{1}{2}$ turn) rock left across right, recover weight on right

SIDE ROCK, CROSS SHUFFLE, HALF TURN, ROCK ACROSS

- 9-10-11&12 Rock left to left side, recover weight on right. Cross shuffle by stepping over right, step right to right side, step left over right
- 13-14-15-16 Step right back as you $\frac{1}{4}$ turn left, swivel on right as you turn $\frac{1}{4}$ left again & step left to left side (completing $\frac{1}{2}$ turn) rock right across left, recover weight on left

CHASSE, CROSS SHUFFLE $\frac{1}{4}$ TURN STEPPING BACK TWICE, COASTER STEP

- 17&18-19&20 Chasse to right by stepping right to right side, step left next to right, step right to right side. Cross shuffle by stepping left over right, step right to right side, step left over right
- 21-22-23&24 Step back on right as you $\frac{1}{4}$ turn left, step back on left. Coaster step by stepping right back, step left next to right, step right forward

KICK BALL TOUCH TWICE, & ROCK CROSS, CHASSE

- 25&26-27&28 Kick left forward, replace weight onto left, touch right toe to right side, kick right forward, replace weight onto right, touch left toe to left side
- &29-30-31&32 Rock left in place on (&) count, rock right in place (feet shoulder width apart), step left across right. Chasse right by stepping right to right side, step left next to right, step right to right side

ROCK BEHIND, STEP BRUSH X 3

- 33-34-35-36 Rock left behind right, recover weight onto right. Step forward on left, brush right next to left
- 37-38-39-40 Step forward on right, brush left next to right, step forward on left, brush right next to left

PADDLE $\frac{1}{4}$ TURNING X 4

- 41-42-43-44 Paddle $\frac{1}{4}$ turning left by pushing left foot around with the right foot twice
- 45-46-47-48 Paddle $\frac{1}{4}$ turning left by pushing left foot around with the right foot twice

PART B

SCOOPS TO RIGHT DIAGONAL TWICE SCOOPS TO LEFT DIAGONAL TWICE

- 1-2-3-4 Step forward right diagonal right, step left behind right twice scooping arms forward
- 5-6-7-8 Step forward left diagonal left, step right behind left twice scooping arms forward

CHASSE & ROCK TWICE

- 9&10-11-12 Chasse right by stepping right to right side, step left next to right, step right to right side. Rock left behind right, recover weight onto right
- 13&14-15-16 Chasse left by stepping left to left side, step right next to left, step left to left side. Rock right behind left, recover weight onto left