

# Hard Work

拍數: 42      牆數: 4      級數: Intermediate  
編舞者: Carina Lincoln (UK)  
音樂: Work In Progress - Alan Jackson



- 1-4            Right foot rock forward, rock back onto left foot, rock back on right foot, rock forward onto left foot
- 5-8            Step right foot large step to right side, slide left foot up to right foot over a three count
- &9&10        Jump right foot out to right side, jump left foot out to left side, jump right foot back in place, jump left foot back in place
- &11&12        Jump right foot out to right side, jump left foot out to left side, jump right foot back in place, jump left foot back in place
- 13-14        Step right foot forward, pivot  $\frac{1}{4}$  turn left
- 15&16        Kick right foot forward, step down onto ball of right foot, step onto left foot. (right kick ball change)
- 17&18        Right forward shuffle
- 19-20        Step forward on left foot making  $\frac{1}{2}$  turn right, hitching right foot
- 21-22        Step forward on right foot making  $\frac{1}{2}$  turn right, hitching left foot
- 23&24        Left shuffle forward
- 25-26        Rock forward on right foot, rock back onto left
- 27-28        Rock back on right foot, rock forward onto left
- 29-30        Step forward on right foot, pivot  $\frac{1}{4}$  turn left
- 31&32        Step right foot behind left, step onto left foot, step onto right foot (right sailor step)
- 33&34        Step left foot behind right, step onto right foot, step onto left foot making  $\frac{1}{4}$  turn left (left sailor  $\frac{1}{4}$  turn)
- 35-36        Right foot touch forward, right foot back in place
- 37-38        Left foot touch forward, left foot back in place
- &39&40        Jump right foot out to right side, jump left foot out to left side, jump right foot back in place, jump left foot back in place
- &41&42        Jump right foot out to right side, jump left foot out to left side, jump right foot back in place, jump left foot back in place

**REPEAT**

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