

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
