

# Hard Work

**COPPER** **NOB**  
BY STEPHEN

拍數: 94      牆數: 1      級數: Intermediate  
編舞者: Thomas Malmgren (SWE)  
音樂: Tufft jobb - Nisse Hellberg



## MAMBO ROCK FORWARD & BACK

1-4      Rock right forward, recover back on left, step right beside left, hold  
5-8      Rock back on left, recover forward on right, step left beside right, hold

## ½ MONTEREY TURN, CHASSE RIGHT, LEFT CROSS ROCK BACK

9-10      Touch right to right side, on ball of left foot turn ½ right stepping right beside left  
11-12      Touch left to left side, step left beside right  
13&14      Step right to right side, step left beside right, step right to right side  
15-16      Cross rock left behind right, recover forward on right

## STEP, HOLD, ¼ TURN, CROSS STEP, HOLD, ¾ TURN

17-20      Step left forward, hold, step right forward, ¼ turn left  
21-22      Cross right over left, hold  
23-24      Turn ¼ right step left back, turn ½ right step right forward

## SHUFFLE FORWARD LEFT & RIGHT, ROCK STEP, TOUCH, PIVOT ½ LEFT

25&26      Step left forward, step right beside left, step left forward  
27&28      Step right forward, step left beside right, step right forward  
29-32      Rock left forward, recover back on right, touch left back, pivot ½ turn left

## ¼ LEFT CHASSE RIGHT, ROCK BACK, CHASSE LEFT, ROCK BACK

33&34      ¼ turn left step right to right side, step left beside right, step right to right side  
35-36      Cross rock left behind right, recover forward on right  
37&38      Step left to left side, step right beside left, step left to left side  
39-40      Cross rock right behind left, recover forward on left

## STEP, HOLD, STEP, HOLD, MAMBO ROCK

41-44      Step right forward, hold, step left forward, hold  
45-48      Rock right forward, recover back on left, step right beside left, hold

## HEEL TWIST ½ TURN LEFT

49      Step back on left  
50-54      Making ½ turn left twist heels right, left, right, left, center (weight ends on left)

## REPEAT MOST OF THE ABOVE

55-94      Repeat count 1-40

## REPEAT

## RESTART

After the 2nd wall, dance the 32 first count twice. Dance a further 1 wall (94 count) & the 40 first count, add 4 counts ending

## ENDING

### STEP, HOLD, ¼ LEFT, HOLD

1-4      Step right forward, hold, turn ¼ left, hold

