

Hard Work

拍數: 64 牆數: 2 級數: Improver
編舞者: Ma Lena
音樂: Working for the Man - Roy Orbison



TOE STRUTS X3, STEP TURN

- 1-2 Right foot toe strut (12:00)
- 3-4 Left foot toe strut
- 5-6 Right foot toe strut
- 7-8 Left foot step forward, turn $\frac{1}{4}$ to right (3:00)

ROCK STEPS, CLAP

- 1-2 Right foot rock to right (6:00) replace weight on left foot
- 3-4 Right foot step next to left foot, clap hands
- 5-6 Left foot rock to left (12:00) replace weight on right
- 7-8 Left foot step left next to right, clap hands

4X SHUFFLE $\frac{1}{4}$ TURN

- 1&2 Right foot shuffle right, left, right (3:00)
- 3&4 Left foot shuffle left, right, left
- 5&6 Right foot turn $\frac{1}{4}$ shuffle right, left, right (6:00)
- 7&8 Left foot shuffle left, right, left

SLOW JAZZ BOX

- 1-2 Right foot cross right toe strut over left
- 3-4 Left foot toe strut left back (12:00)
- 5-6 Right foot toe strut right to right
- 7-8 Left foot toe strut left next to right

STEP TURN $\frac{1}{2}$, STEP TURN $\frac{1}{4}$, ROCK STEP

- 1-2 Right foot step right forward (6:00), turn $\frac{1}{2}$ left (12:00)
- 3-4 Right foot step right forward (12:00), turn $\frac{1}{4}$ left (9:00)
- 5-6 Right foot rock forward on right, replace weight on left
- 7-8 Right foot rock back on right, replace weight on left

CROSS TOE STRUTS WITH ARM MOVEMENTS

- 1-2 Right foot toe strut right over left(6:00) swing arms to right
- 3-4 Left foot toe strut left to left, swing arms to left
- 5-6 Right foot toe strut right over left, swing arms to right
- 7-8 Left foot toe strut left to left, swing arms to left

VINE, HITCH, WEAVE, POINT

- 1-2 Right foot step right to right, step left behind right
- 3-4 Right foot step right to right, hitch left knee
- &5-6 Left foot step left next to right, right foot cross right over left
- 7-8 Right foot step right behind left, point left to left

POINT TWICE CROSS TURN $\frac{1}{4}$, LEFT COASTER STEP

- &1 Left foot step left next to right, point right to right
- &2 Right foot step right next to left, point left to left
- 3-4 Left foot cross left over right, step right back $\frac{1}{4}$ turn left

5&6

Left foot, coaster step left, right, left

7-8

Right foot rock right to right, replace weight on left

REPEAT
