

# 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**

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