

# Hard Working

拍數: 76      牆數: 0      級數:  
編舞者: Krystle Duval (AUS) & Brad Skinner (AUS)  
音樂: Workin' for the Weekend - Ken Mellons



- 1-2            Left knee pop, hold for one beat  
3-4            Right knee pop, hold for one beat  
5-8            Left, right, left knee pops  
9              Canter out right and left  
10             Canter in right and left
- 11-14          Jump feet apart, jump and cross feet right over left, unwind ½ turn and jump forward  
15-18          Two hip bumps to the left and two hip bumps to the right  
19-22          Hip grinds right, left, right, left
- 23-24          Right sailor step  
25-26          Left sailor step
- 27-28          Two right scoots turning a ¼ turn on each scoot to the left  
29              Step down on left turning a ¼ turn to the left  
30              Scoot on left turning a ¼ turn to the left
- 31-36          Step left down and right together and two heel splits  
37-38          Shuffle on right turning ¼ turn on the second beat while traveling right  
39-40          Shuffle on left turning ¼ turn to the left on first beat of left shuffle
- 41-44          Vine right turning ½ turn to the right, touch left foot together  
45-48          With head down, swivel heels left, toes left, heels left, pause  
49-52          Heels right, toes right, heels right, lifting head pause  
53-54          Touch right heel forward, step right together and left toe behind  
55-56          Jump on right foot turning ½ turn to the left, step together, jump to left toe behind
- 57-58          Left ball-jack  
59-60          Right ball-jack  
61-62          Left ball-jack  
63-64          Jump feet apart, jump feet together
- 65-68          Step right feet forward at 45 degrees while shimmering for two beats, step left foot to left side while shimmering for two beats  
69-72          Step back on right foot while shimmering for two beats, step left foot together while shimmering for two beats  
73-76          Jump twice while turning ½ turn to the left, jump forward, pause for one pause

**REPEAT**

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