

Hard Workin' Man

拍數: 64 牆數: 4 級數: Intermediate
編舞者: Sobrielo Philip Gene (SG) - August 2007
音樂: Hard Workin' Man - Brooks & Dunn : (Album: Hard Workin Man)



KICK BALL CROSS, KICK BALL CROSS, SIDE SHUFFLE, ROCK RECOVER

1&2 Kick right forward (1), step right to right (&), cross left over right (2)
3&4 Kick right forward (3), step right to right (&), cross left over right (4)
5&6 Step right to right (5), step left beside right (&), step right to right (6)
7-8 Rock left behind right (7), recover weight onto right (8)

KICK BALL CROSS, KICK BALL CROSS, SIDE SHUFFLE, ROCK RECOVER

1&2 Kick left forward (1), step left to left (&), cross right over left (2)
3&4 Kick left forward (3), step left to left (&), cross right over left (4)
5&6 Step left to left (5), step right beside left (&), step left to left (6)
7-8 Rock right behind left (7), recover weight onto left (8)

MONTEREY ¼ TURN, POINT STEP ?2

1-2 Point right to right (1), making ¼ turn right step right forward (2)
3-4 point left to left (3), step left beside right (4)
5-8 Repeat steps 1-4

STEP, HEEL BOUNCE RIGHT, STEP HEEL BOUNCE LEFT

1-4 Step right forward (1), bounce right heel 3 times (2-4)
5-8 Step left forward (5), bounce left heel 3 times (5-8)

PIVOT ½ TURN, FORWARD SHUFFLE, PIVOT ½ TURN, FORWARD SHUFFLE

1-2 Step forward right (1) pivot ½ turn left (2) (weight on left)
3&4 Step right forward (3), step left beside right (&), step right forward (4)
5-6 Step forward left (5) pivot ½ turn right (6) (weight on right)
7&8 Step left forward (7), step right beside left (&), step left forward (8)

¼ LEFT POINT, HOLD, HEEL BOUNCE

1-4 Making ¼ turn left point right to right (1), hold for 3 counts (2-4)

(optional hand movement: spread hands to respective side at hip levels with palms facing down)

5-8 Bounce right heel 4 times (5-8)(weight on left)

(Re-starts: On wall 2 and 5 do dance until step 48 counts and start again)

SIDE SHUFFLE ROCK RECOVER, SIDE SHUFFLE ROCK RECOVER

1&2 Step right to right (1), step left beside right (&), step right to right (2)
3-4 Rock left behind right (3), recover weight onto right (4)
5&6 Step left to left (5), step right beside left (&), step left to left (6)
7-8 Rock right behind left (7), recover weight onto left (8)

STEP, HEEL SWIVELS TO RIGHT, SWIVELS BACK TOWARDS LEFT

1 Step left beside right (1)
2-4 swivel right heel out (2) swivel right toe out (3), swivel right heel out (4)
5-6 Swivel right heel in (5) swivel right toe in (6),
7-8 Swivel right heel in (7), swivel right toe in beside left (8)

Repeat

Dance with soul!

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