

Hard Work (aka Tufft Jobb)

COPPER KNOB
STEPPERS

拍數: 94 牆數: 1 級數: Intermediate
編舞者: Thomas Malmgren (SWE) - October 2006
音樂: Tufft jobb - Nisse Hellberg : (Album: Snackbar Blues)



32 count intro

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 R, L, R, L, Centre (Weight ends on Left).

Repeat!

55 ? 94 Repeat count 1 ? 40.

Ending: Step, Hold, ¼ Left, Hold.

1 ? 4 Step Right forward, Hold, Turn ¼ Left, Hold.

RESTART and ENDING.

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.