Hard Working Man



拍數: 64 牆數: 4 級數: Intermediate

編舞者: Ria Vos (NL) - July 2010

音樂: Real Tough Job - Steve Warriner: (CD: This Real Life)



(Intro: 16 counts)

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Weave 1/4 Turn L	Sten	Hitch	1/4 Turn	1	Side	Touch	

1-2	Cross R Over L.	Step L to Left Side

3-4 Step R Behind L, ¼ Turn Left Step Fwd on L (9:00)
5-6 Step Fwd on R, Hitch L making ¼ Turn Left (6:00)

7-8 Step L To Left Side, Touch R Next to L

Rock Back, Pivot 1/4 L, Cross, Point, Cross, Sweep

1-2	Rock Back on R	Recover on I
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3-4 Step Fwd on R, Pivot ¼ Turn Left (3:00)5-6 Cross R Over L, Point L to Left Side

7-8 Cross L Over R, Sweep R Around from Back to Front

Cross, Back, Sway-Sway, Long Side Step, Drag, Rock Back

1-2 Cross R Over L, Step back on L

3-4 Rock/Sway R to Right Side, Rock/Sway L to Left Side5-6 Step R Long Step to Right Side, Drag L Towards R

7-8 Rock Back on L, Recover on R

1/4 Turn R, 1/4 Turn R, Cross, Touch, Back, 1/4 Turn L, Pivot 1/2 L

1-2 ¼ Turn Right Step Back on L, ¼ Turn Right Step R to Right Side (9:00)

3-4 Cross L Over R, Touch R Toe Behind L Heel
5-6 Step Back on R, ¼ Turn L Step Fwd on L (6:00)

7-8 Step Fwd on R, Pivot ½ Turn Left (12:00)***Tag with Restart Point

Step Fwd, Hold, Full Turn R, Step Fwd, Hold, Rock Fwd

1-2 Step Fwd on R, Hold

3-4 ½ Turn Right Step Back on L, ½ Turn Right Step Fwd on R (12:00)

5-6 Step Fwd on L, Hold

7-8 Rock Fwd on R, Recover on L

Back, Touch, Hips, Back, Touch, Back, Touch

1-2 Step R Back to Right Diagonal, Touch L Next to R
3-4 Bump L Hip Up and Fwd, Recover (weight is still on R)
5-6 Step L Back to Left Diagonal, Touch R Next to L

7-8 Step R back to Right Diagonal, Touch L Next to R

Side, Together, ¼ Turn L, Scuff, Rock Fwd, Rec. Step Back, Sweep

1-2 Step L to Left Side, Step R Next to L

3-4 ½ Turn Left Step Fwd on L, R Scuff (9:00)

5-6 Rock Fwd on R, Recover on L

7-8 Step Back on R, Sweep L Around from Front to Back

Back, Sweep, Behind, Side, Cross Rock, Point, Hold

1-2 Step Back on L, Sweep R Around from Front to Back

3-4 Cross R Behind L, Step L to Left Side

5-6 Cross Rock R Over L, Recover on L

7-8 Point R to Right Side, Hold

Tag: After wall 2 (6:00)

1-4 Cross Rock R Over L, Recover on L, Rock R to Right Side, Recover on L

5-8 Rock Back on R, Recover on L, Point R to Right Side, Hold

Tag with Restart: On wall 6 After Count 32 (9:00)

1-4 Step Fwd on R, Sweep L from Back to Front, Step Fwd on L, Sweep R from Back to Front

Then Start Again From Count 1

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