

Work Hard

COPPER KNOB
STEPSHEETS

拍數: 40 牆數: 4 級數: Beginner
編舞者: Dawn Rathbun (USA) - October 2010
音樂: Work Hard, Play Harder - Gretchen Wilson



Start dancing on lyrics

Walk 3x, Touch Side, Walk 3x, Touch Side

1-4 Step right forward, left, right, touch left toe to side
5-8 Step left forward, right, left, touch right toe to side

Step Back, Touch, Step Back Touch, Shuffle Back, Rock

1-4 Step right back, touch left toe side, step back left touch right toe side
5&6 Step right back, together left, step right back
7-8 Step left back, recover forward right

¼ Pivot, Jazz Box Touch, Out Out

1-2 Step left forward, turn ¼ right (weight to right)
3-6 Cross left over right, step right back, step left to side, touch right next left
7-8 Step out right, left

In In, Kick Ball Change, Jazz Box

1-2 Step in right, left
3&4 Kick right forward, ball right next left, step left
5-8 Cross right over left, step left back, step right to side, together left

Shuffle Forward, Rock, Shuffle Back Rock

1&2 Chassé forward right, left, right
3-4 Step left forward, recover back right
5&6 Step left back, together right, step left back
7-8 Step right back, recover forward left

Repeat
