

# Hard Work

拍數: 44      牆數: 2      級數: Intermediate  
編舞者: Allan Kenny (AUS) - February 2011  
音樂: Hard Work - McAlister Kemp : (Album: All kinds of tough - 3:27)



Starts 32 counts in (on vocals) with weight on L (1 tag, 1 restart)

**[1 – 8] Cross and heel jack, Cross and heel jack, dig toe, dig heel, coaster cross**

1&2&3&4      Step L across R, step R to right side, touch L heel forward, step L to left side, step R across L, step L to left side, touch R heel forward  
5,6,7&8&      touch R toe forward with heel turned out to right, touch R heel forward, Step back on R, step L beside R, step R across L, step L to side

**[9 – 16] Cross, side, ½ turn right side together, rock side, replace, behind, rock side, replace**

9,10,11&12      Step R across L, step L to left side, turn 180° right, step R to right side, Step L beside R, rock R to right side  
13,14,15,16      Step L to left side, step R behind L, Rock L to left side, replace weight to R

**[17 – 24] Behind side cross, point and point, step, stomp, coaster step**

17&18,19&20      Step L behind R, step R to right side, step L across R, point R to right side, step R beside L, point L to left side  
21,22,23&24      Step L forward, stomp up R beside L, step back on R, step L beside R, step R forward

**[25 – 32] Rock side, replace, step, rock side, replace, step, step forward, ¼ pivot right, cross shuffle right**

25& 26,27&28      Rock L to left side, replace weight to R(moving slightly forward), step L forward, Rock R to right side, replace weight to L (moving slightly forward) step R forward  
29,30,31&32      Step L forward, pivot 90° right, step L across R, step R to right side, step L across R

**[33 – 40] Side R, ¾ extended shuffle turn left, rock forward, replace, back shuffle ½ turn right**

33, 34&35&36      Step R to right side, turning 90° left step back on L, step R beside L, turn 90° left, step L to left side, step R beside L, turn 90° left, step L forward  
37,38,39&40      Rock R forward, replace weight to L, (\*) turn 90°right stepping R to right side, Step L beside R, turn 90° right, step R forward

**[41- 44] Step forward out, step forward out, step back, step together**

41,42,43,44      Step L forward and out (to 11 o'clock), (\*\*) step R forward and out (at 1 o'clock), Step L back to centre, step R beside L

Start dance again

TAG/Restart: (\*) Wall 5 – counts 39&40 become 39,40

Rock R back, replace weight forward on left and restart the dance from count 5 (toe dig)

Ending: (\*\*) Dance ends on count 42 of 7th wall – emphasise steps 41 and 42 stomping the 'step outs' with attitude