

Hard As Nails

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 2 級數: Improver
編舞者: Steve Rutter (UK) & Claire Butterworth (UK) - December 2012
音樂: Tough - Kellie Pickler : (CD: 100 Proof)



16 count intro

Section 1: Forward, Clap x 2, Forward, Clap x 2, Forward Mambo, Coaster Step

- 1 & 2 Step right forward. Clap twice.
- 3 & 4 Step left forward. Clap Twice.
- 5 & 6 Rock forward on right. Rock back on left. Step right back.
- 7 & 8 Step left back. Step right beside left. Step left forward.

Section 2: Toe & Heel Touches, Vaudeville Steps

- 1 & Touch right toe to right side. Step right beside left.
- 2 & Touch left heel forward. Step left beside right.
- 3 & Touch right heel forward. Step right beside left.
- 4 & Touch left toe to left side. Step left beside right.
- 5 & 6 Cross right over left. Step left to left side. Touch right heel diagonally forward right.
- & Step right beside left.
- 7 & 8 Cross left over right. Step right to right side. Touch left heel diagonally forward left.

Section 3: Ball Cross, Unwind 1/2 Turn, Kick, Out, Out, Back Rock, Side, Sailor 1/4 Turn

- & 1 Step left beside right. Cross right over left.
- 2 Unwind 1/2 turn left (weight onto left). (6:00)
- 3 & 4 Kick right forward. Step right back and out. Step left back and out.

Note Count 4 ends with feet shoulder width apart.

- 5 & 6 Rock back on right. Recover onto left. Step right to right side.
- 7 & Cross left behind right. Turn 1/4 left stepping right beside left.
- 8 Step left slightly forward of right. (3:00)

Section 4: Paddle 1/2 Turn, Ball Touch, Hip Bump, Cross Rock, 1/4 Turn, Step, Pivot 1/2, Step

- & 1 On ball of left turn 1/4 left, touching right toe to right side.
- & 2 On ball of left turn 1/4 left, touching right toe to right side. (9:00)
- & 3 Step right beside left. Touch left to left side (weight stays on right).
- 4 Transfer weight onto left, bumping hips left (with attitude!).
- 5 & 6 Cross rock right over left. Recover onto left. Turn 1/4 right stepping right forward.
- 7 & 8 Step left forward. Pivot 1/2 turn right. Step left forward. (6:00)

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