

Hard Work

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Count: 32

Wall: 4

Level: High Beginner

Choreographer: Stella Kim (April 2020)

Music: Hard Work by Jodie Abacus

Intro: 16 counts - No Tag, No Restart

SEC 1: (SIDE TOE STRUT, CROSS TOE STRUT, SIDE, BACK ROCK, RECOVER) X2

1&2&RF side toe touch, RF heel down, LF cross toe touch over RF, LF heel down

3-4&RF side, LF back rock, RF recover

5&6&LF side toe touch, LF heel down, RF cross toe touch over LF, RF heel down

7-8&LF side, RF back rock, LF recover

SEC 2: 1/4 R MONTEREY TURN, KICK & KICK &, FORWARD, 1/2 L PIVOT, RUN, RUN, RUN

1&2&RF side point, 1/4 turn R with RF beside LF(3:00), LF side point, LF beside RF

3&4&RF forward kick, RF beside LF, LF forward kick, LF beside RF

5-6RF forward, pivot 1/2 turn L(weight LF)(9:00)

7&8RF forward, LF forward, RF forward

SEC 3: (DIAGONAL FORWARD, TOUCH/CLAP) X4, FORWARD, FORWARD KICK, COASTER CROSS

1&2&LF diagonal forward, RF beside touch LF and clap, RF diagonal forward, LF beside touch RF and clap

3&4&LF diagonal forward, RF beside touch LF and clap, RF diagonal forward, LF beside touch RF and clap

5-6LF forward, RF forward kick

7&8RF back, LF beside RF, RF cross over LF

SEC 4: L TWIST, FLICK, 1/4 L w/R TWIST, FLICK, SIDE, TOUCH, FORWARD STOMP, 1/4 L w/HEEL BOUNCE

1&2&LF side and both swivel heels L, both swivel toes L, both swivel heels L, RF flick to L back diagonal

3&4&1/4 turn L with RF side and both swivel heels R(6:00), both swivel toes R, both swivel heels R, LF flick to R back diagonal

5&6LF side, RF beside touch LF, RF forward stomp

7&81/8 turn L with both bounce heels(4:30), 1/8 turn L with both bounce heels(3:00), both bounce heels(weight LF)(3:00)

Enjoy!!

Contact: sktelkmh@naver.com

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