

HARD WORKING

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Count: 76 **Wall:** — **Level:** —

Choreographer: Krystle Duval & Brad Skinner

Music: Workin' For The Weekend by Ken Mellons

- 1-2 Left knee pop, hold for one beat
- 3-4 Right knee pop, hold for one beat
- 5-8 Left, right, left knee pops
- 9 Canter out right and left
- 10 Canter in right and left

- 11-14 Jump feet apart, jump and cross feet right over left, unwind $\frac{1}{2}$ turn and jump forward
- 15-18 Two hip bumps to the left and two hip bumps to the right
- 19-22 Hip grinds right, left, right, left

- 23-24 Right sailor step
- 25-26 Left sailor step

- 27-28 Two right scoots turning a $\frac{1}{4}$ turn on each scoot to the left
- 29 Step down on left turning a $\frac{1}{4}$ turn to the left
- 30 Scoot on left turning a $\frac{1}{4}$ turn to the left

- 31-36 Step left down and right together and two heel splits
- 37-38 Shuffle on right turning $\frac{1}{4}$ turn on the second beat while traveling right
- 39-40 Shuffle on left turning $\frac{1}{4}$ turn to the left on first beat of left shuffle

- 41-44 Vine right turning $\frac{1}{2}$ turn to the right, touch left foot together

- 45-48** With head down, swivel heels left, toes left, heels left, pause
- 49-52** Heels right, toes right, heels right, lifting head pause
- 53-54** Touch right heel forward, step right together and left toe behind
- 55-56** Jump on right foot turning $\frac{1}{2}$ turn to the left, step together, jump to left toe behind
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- 57-58** Left ball-jack
- 59-60** Right ball-jack
- 61-62** Left ball-jack
- 63-64** Jump feet apart, jump feet together
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- 65-68** Step right feet forward at 45 degrees while shimmering for two beats, step left foot to left side while shimmering for two beats
- 69-72** Step back on right foot while shimmering for two beats, step left foot together while shimmering for two beats
- 73-76** Jump twice while turning $\frac{1}{2}$ turn to the left, jump forward, pause for one pause

REPEAT