

# HARD WORK

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**Count:** 94

**Wall:** 1

**Level:** intermediate

**Choreographer:** Thomas Malmgren

**Music:** Tufft Jobb by Nisse Hellberg

## MAMBO ROCK FORWARD & BACK

**1-4** Rock right forward, recover back on left, step right beside left, hold

**5-8** Rock back on left, recover forward on right, step left beside right, hold

## ½ MONTEREY TURN, CHASSE RIGHT, LEFT CROSS ROCK BACK

**9-10** Touch right to right side, on ball of left foot turn ½ right stepping right beside left

**11-12** Touch left to left side, step left beside right

**13&14** Step right to right side, step left beside right, step right to right side

**15-16** Cross rock left behind right, recover forward on right

## STEP, HOLD, ¼ TURN, CROSS STEP, HOLD, ¾ TURN

**17-20** Step left forward, hold, step right forward, ¼ turn left

**21-22** Cross right over left, hold

**23-24** Turn ¼ right step left back, turn ½ right step right forward

## SHUFFLE FORWARD LEFT & RIGHT, ROCK STEP, TOUCH, PIVOT ½ LEFT

**25&26** Step left forward, step right beside left, step left forward

**27&28** Step right forward, step left beside right, step right forward

**29-32** Rock left forward, recover back on right, touch left back, pivot ½ turn left

## ¼ LEFT CHASSE RIGHT, ROCK BACK, CHASSE LEFT, ROCK BACK

**33&34** ¼ turn left step right to right side, step left beside right, step right to right side

**35-36** Cross rock left behind right, recover forward on right

**37&38** Step left to left side, step right beside left, step left to left side

**39-40** Cross rock right behind left, recover forward on left

## STEP, HOLD, STEP, HOLD, MAMBO ROCK

**41-44** Step right forward, hold, step left forward, hold

**45-48** Rock right forward, recover back on left, step right beside left, hold

**HEEL TWIST ½ TURN LEFT**

**49** Step back on left

**50-54** Making ½ turn left twist heels right, left, right, left, center (weight ends on left)

**REPEAT MOST OF THE ABOVE**

**55-94** Repeat count 1-40

**REPEAT**

**RESTART**

**After the 2nd wall, dance the 32 first count twice. Dance a further 1 wall (94 count) & the 40 first count, add 4 counts ending**

**ENDING**

**STEP, HOLD, ¼ LEFT, HOLD**

**1-4** Step right forward, hold, turn ¼ left, hold