

# HARD WORK

LINEDANCE.COM

**Count:** 42

**Wall:** 4

**Level:** intermediate

**Choreographer:** Carina Lincoln

**Music:** Work In Progress by Alan Jackson

- 1-4** Right foot rock forward, rock back onto left foot, rock back on right foot, rock forward onto left foot
- 5-8** Step right foot large step to right side, slide left foot up to right foot over a three count
- &9&10** Jump right foot out to right side, jump left foot out to left side, jump right foot back in place, jump left foot back in place
- &11&12** Jump right foot out to right side, jump left foot out to left side, jump right foot back in place, jump left foot back in place
- 13-14** Step right foot forward, pivot  $\frac{1}{4}$  turn left
- 15&16** Kick right foot forward, step down onto ball of right foot, step onto left foot. (right kick ball change)
- 17&18** Right forward shuffle
- 19-20** Step forward on left foot making  $\frac{1}{2}$  turn right, hitching right foot
- 21-22** Step forward on right foot making  $\frac{1}{2}$  turn right, hitching left foot
- 23&24** Left shuffle forward
- 25-26** Rock forward on right foot, rock back onto left
- 27-28** Rock back on right foot, rock forward onto left
- 29-30** Step forward on right foot, pivot  $\frac{1}{4}$  turn left
- 31&32** Step right foot behind left, step onto left foot, step onto right foot (right sailor step)

- 33&34** Step left foot behind right, step onto right foot, step onto left foot making  $\frac{1}{4}$  turn left (left sailor  $\frac{1}{4}$  turn)
- 35-36** Right foot touch forward, right foot back in place
- 37-38** Left foot touch forward, left foot back in place
- &39&40** Jump right foot out to right side, jump left foot out to left side, jump right foot back in place, jump left foot back in place
- &41&42** Jump right foot out to right side, jump left foot out to left side, jump right foot back in place, jump left foot back in place

**REPEAT**