

Hard Work

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Count: 44

Wall: 2

Level: Intermediate

Choreographer: Allan Kenny, (Feb 2011)

Music: "Hard Work" by McAlister Kemp. Album: "All kinds of tough" (3:27)

Starts 32 counts in (on vocals) with weight on L (1 tag, 1 restart)

[1 - 8] Cross and heel jack, Cross and heel jack, dig toe, dig heel, coaster cross

1&2&3&4 Step L across R, step R to right side, touch L heel forward, step L to left side, step R across L, step L to left side, touch R heel forward

5,6,7&8&touch R toe forward with heel turned out to right, touch R heel forward, Step back on R, step L beside R, step R across L, step L to side

[9 - 16] Cross, side, ½ turn right side together, rock side, replace, behind, rock side, replace

9,10,11&12 Step R across L, step L to left side, turn 180° right, step R to right side, Step L beside R, rock R to right side

13,14,15,16 Step L to left side, step R behind L, Rock L to left side, replace weight to R

[17 - 24] Behind side cross, point and point, step, stomp, coaster step

17&18,19&20 Step L behind R, step R to right side, step L across R, point R to right side, step R beside L, point L to left side

21,22,23&24 Step L forward, stomp up R beside L, step back on R, step L beside R, step R forward

[25 - 32] Rock side, replace, step, rock side, replace, step, step forward, ¼ pivot right, cross shuffle right

25& 26,27&28 Rock L to left side, replace weight to R(moving slightly forward), step L forward, Rock R to right side, replace weight to L (moving slightly forward) step R forward

29,30,31&32 Step L forward, pivot 90° right, step L across R, step R to right side, step L across R

[33 - 40] Side R, ¾ extended shuffle turn left, rock forward, replace, back shuffle ½ turn right

33, 34&35&36 Step R to right side, turning 90° left step back on L, step R beside L, turn 90° left, step L to left side, step R beside L, turn 90° left, step L forward

37,38,39&40 Rock R forward, replace weight to L, (*) turn 90°right stepping R to right side, Step L beside R, turn 90° right, step R forward

[41- 44] Step forward out, step forward out, step back, step together

41,42,43,44 Step L forward and out (to 11 o'clock), (**) step R forward and out (at 1 o'clock), Step L back to centre, step R beside L

Start dance again

TAG/Restart: (*) Wall 5 - counts 39&40 become 39,40

Rock R back, replace weight forward on left and restart the dance from count 5 (toe dig)

Ending: () Dance ends on count 42 of 7th wall - emphasise steps 41 and 42 stomping the 'step outs' with attitude**