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| Work Harder |  |

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| . |
| **Count:** | 32 | **Wall:** | 4 | **Level:** | Improver | . |
| **Choreographer:** | Fred Whitehouse (IRE) - April 2022 |
| **Music:** | Work Harder - Adele Roberts, James Oliver Hutchinson & Andrea Christina Obeid |
| . |

**Intro: 16 Counts, Start at approx 8 secs**

**SEC 1: Grapevine, Cross, Side Rock, Weave, ⅛ Step**

|  |  |
| --- | --- |
| 1-2 | Step right to right, step left behind right |

|  |  |
| --- | --- |
| 3-4 | Step right to right, cross left over right |

|  |  |
| --- | --- |
| 5& | Rock right to right, recover weight onto left |

|  |  |
| --- | --- |
| 6&7 | Cross right over left, step left to left, step right behind left bending both knees |

|  |  |
| --- | --- |
| 8 | Turn ⅛ left step left forward (10:30) |

**SEC 2: Rock, Side Rock, Back Sweep, Back ⅛ Sweep, Back Sit, Recover**

|  |  |
| --- | --- |
| 1-2 | Rock right forward, recover weight onto left |

|  |  |
| --- | --- |
| 3-4 | Rock right to right, recover weight onto left |

|  |  |
| --- | --- |
| 5 | Step right back sweeping left from front to back |

|  |  |
| --- | --- |
| 6 | Step left back turn ⅛ right sweeping right from front to back (12:00) |

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| --- | --- |
| 7-8 | Step right back sitting into right hip, recover weight onto left |

**Restart Here on Wall 2**

**SEC 3: Scuff, Out Out, Knee In Out, Samba Step, Cross, ¼ Back, Back**

|  |  |
| --- | --- |
| 1&2 | Scuff right forward, step right to right, step left to left |

|  |  |
| --- | --- |
| 3-4 | Twist right knee in, twist right knee out transferring weight onto right |

|  |  |
| --- | --- |
| 5&6 | Cross left over right, rock right to right, recover weight onto left |

|  |  |
| --- | --- |
| 7&8 | Cross right over left, turn ¼ right step left back, step right back (3:00) |

**SEC 4: Back, Back, Coaster Step, Hip Bump ½ Turn, Hip Bump ½ Turn**

|  |  |
| --- | --- |
| 1 | Step left back grinding right heel twisting right toe to right |

|  |  |
| --- | --- |
| 2 | Step right back grinding left heel twisting left toe to left |

|  |  |
| --- | --- |
| 3&4 | Step left back, step right beside left, step left forward |

|  |  |
| --- | --- |
| 5&6 | Turn ¼ left point right to right bumping hips to right, bump hips to left, turn ¼ left bump hips back transferring weight onto right (9:00) |

|  |  |
| --- | --- |
| 7&8 | Turn ¼ left point left to left bumping hips to left, bump hips to right, turn ¼ left bump hips forward transferring weight onto left (3:00) |