

# Hard Work

拍数: 32      墙数: 4      级数: Intermediate  
编舞者: Neville Fitzgerald (UK) & Julie Harris (UK) - November 2014  
音乐: Hard Work - Ella Henderson : (iTunes)



## Starts after 16 Counts

### Side, Cross Shuffle, Cross, Side, Behind, Behind, Side, Step, Step, 1/2, 3/4 .

- 1-2&3      Step Left to Left side, cross Right over Left, step Left to Left side, cross step Right over Left.  
(travel diagonally towards 10.30)
- 4&5      (Still facing 10.30) Cross step Left over Right, step Right to Right side, cross step Left behind Right.
- 6&7      Make 1/8 turn to Left as you cross step Right behind Left, step Left to Left side, step forward on Right. (this will look □□ □circular)□□□□□□□□□□(9.00)
- 8&1      Step forward on Left, 1/2 pivot to Right, make 3/4 turn to Right stepping Left next to Right.□□(12.00)

### Side Rock, Back Rock, 1/4, 1/2, Back Rock Recover, Step, 1/2, 1/2 Side.

- 2&      Rock Right to Right side, recover on Left.
- 3&      Cross rock Right behind Left, recover on Left.□□.
- 4-5      Make 1/4 turn to Right stepping forward on Right. Make 1/2 turn to Right stepping back on Left as you sweep Right to Right □side.□ □□□□□□□□□(9.00)
- 6&7      Rock back on Right, recover on Left, step forward on Right.
- 8&1      Make 1/2 turn to Right stepping back on Left, 1/2 turn to Right stepping forward Right, step Left to Left side .\*\*R\*\*(9.00)

### Cross Rock, Side Rock, Back Rock, Side, Back Rock, Side Rock. Cross Rock, 1/4 .

- 2&3&      Cross rock Right over Left, recover on Left, rock Right to Right side, recover on Left
- 4&5      Cross rock Right behind Left, recover on Left. Step Right to Right side.
- 6&7&      Cross rock Left behind Right, recover on Left, rock Left to Left side, recover on Right.
- 8&1      Cross rock Left over Right, recover on Right, make 1/4 turn to Left stepping forward on Left.□□□(6.00)

### Step 1/2 Step, 1/2, 1/2, 1/4, Back Rock 1/4, 1/4 Cross.

- 2&3      Step forward on Right, 1/2 pivot to Left, step forward on Right.
- 4&5      Make 1/2 turn to Right stepping back on Left, 1/2 turn to Right stepping forward on Right, 1/4 turn to Right stepping Left to □Left side.
- 6&7      Cross rock Right behind Left, recover on Left, make 1/4 turn to Left stepping back on Right.
- 8&      Make 1/4 turn to Left stepping Left to Left side, cross step Right over Left .

Begin again :)

Restart during Wall 3: Dance Up to and including count 16& section 2, then Restart from beginning.