

Harden Up Princess

COPPER KNOB
STEPSHEETS

拍数: 64 墙数: 2 级数: Intermediate Pop
编舞者: Simon Ward (AUS) - June 2016

音乐: Live While We're Young - One Direction : (Album: Live While We're Young - EP, iTunes - 3:18)



Notes: 8 count Tag end of Wall 2, Restart on Walls 3 (count 48) & 5 (count 52)

Intro: 16 counts, Start dance on vocals

Ending: Finish dance on count 33, look a ¼ turn L to front wall & point index fingers forward with thumbs up

[1-8] □ R fwd at 1.30, Syncopated L lock/step fwd, Rock R fwd, Recover ½ turn R, R fwd, L lock/step

- 1 Large step right forward to right diagonal facing 1.30
- 2&3& Step left forward, Lock/step right behind left, Step left slightly forward, Lock/step right behind left 1.30
- 4 Step left slightly forward 1.30
- 5-7 Rock/step right forward, Recover weight back on left turning ½ turn R, Step right forward 7.30
- 8&1 Step left forward, Lock/step right behind left, Step left forward 7.30

[9-16] □ Cross R, Step L, R sailor step 3/8 turn R, L Rocking chair with shoulder pops

- 2-3 Cross/step right over left, Step left to left side sweeping right back slightly 7.30
- 4&5 Step right behind left, Step left beside right turning 3/8 turn right, Step right forward completing 3/8 turn right 12.00 (turning sailor step)
- 6-8 Rock/step left forward (pop right shoulder up), Recover weight back onto right (pop left shoulder up), Rock/step □ left forward (pop right shoulder up) 12.00

[17-24] □ R lock/step fwd, Cross L, R side, L sailor step, Cross R, L side □

- 1&2 Step right forward, Lock/step left behind right, Step right forward 12.00
- 3-4 Cross/step left over right, Step right to right side 12.00
- 5&6 Step left behind right, Step right slightly to right, Step onto left (sailor step) 12.00
- 7-8 Cross/step right over left, Step left to left side 12.00

[25-32] □ R sailor step turning ¼ R, L fwd, Pivot ½ R, L fwd, Kick R, R back diagonal, L side

- 1&2 Step right behind left, Step left to left turning ¼ turn right, Step onto right completing ¼ turn right 3.00
- 3-4 Step left forward, Pivot ½ turn right taking weight onto right 9.00
- 5-6 Step left forward, Kick right forward & slightly across left
- 7-8 Step right back slightly at right diagonal, Step left to left side 9.00

[33-40] □ R Elvis knees, Step L flicking R, Funky walks R, L, R back, L coaster step

- &1 Bend right knee in, Bend right knee out snapping right fingers (Bend both knees slightly) 9.00
- &2 Bend right knee in, Bend right knee out snapping right fingers taking weight onto right flicking left behind right
- 3-4 Step left to left flicking right behind left, Step back on right at right diagonal touch left heel at left diagonal 9.00
- 5-6 Step left back touching right heel forward turning toe out, Step back on right touching left heel forward turning □ toe out 9.00 (funky walks back)
- 7&8 Step left back, Step right beside left, Step left slightly forward 9.00

[41-48] □ ¼ turn R cross R chasse, ½ turn L cross L chasse, Rock R side, Recover L, R behind L, L side ¼ turn L

- 1&2 Turn ¼ turn right & cross/step right over left, Step left to left, Cross/step right over left 12.00

- 3&4 Turn ½ turn left on right and cross/step left over right, Step right to right, Cross/step left over right 6.00
- 5-6 Rock/step right to right side, Recover weight onto left 6.00
- 7-8 Step right behind left, Step left to left side turning ¼ turn left 3.00

[49-56] □ ¼ paddle turn L pointing R toe, R jazz box, L lock/step fwd

- 1&2 Turn ¼ turn left pointing right toe to right side 12.00, Hitch right knee turning ¼ turn left on left, Point right toe to right 9.00
- &3-4 Hitch right knee turning ¼ turn left on left, Point right toe to right side 6.00, Cross/step right over left
- 5-6 Step left back, Step right beside left 6.00
- 7&8 Step left forward, Lock/step right behind left, step left forward 6.00

[57-64] □ Rock R fwd, Recover L, Step R back, L back at diagonal, Cross R, Hold, Unwind 3/8 turn L, ½ turn L

- 1-2 Rock/step right forward, recover weight onto left (optional: slight body roll for styling) 6.00
- 3-4 Step right slightly back, Large step back on left at left diagonal 6.00
- 5-6 Cross/step ball of right over left, Hold 6.00
- 7-8 Unwind a 3/8 turn left on balls of feet 1.30, Unwind a further ½ turn left on balls of feet (turns are sharp)

RESTART (Every wall starts at 1.30 from back or front wall)

Tag: At the end of wall 2 and facing 1.30 from front wall

[1-8] □ Right K-Step

- 1-4 Step right to right diagonal, Touch left beside right, Step left back to centre, Touch right beside left
- 5-8 Step right back to right diagonal, Touch left beside right, Step left forward to centre, Touch right beside left

Restarts: On walls 3 & 5 you will restart at the same spot of the dance, though wall 5 has an additional 4 counts

Wall 3 – Restart on count 48, turn a further 1/8 left and restart dance again at 1.30 from front wall

Wall 5 – After count 48 you will add the following 4 counts:

- 1-4 Step right forward, Hold, Sharp pivot ¼ turn left, Further sharp 3/8 turn left taking weight onto left punching right arm in the air on the word “GO” (Optional - Yell the words “LET’S GO”)

Restart dance again at 1.30 from front wall

Contact: bellychops@hotmail.com
