

# Hangin' Tough

COPPER KNOB  
BY STEPHEN HETS

拍数: 0                      墙数: 2                      级数:  
编舞者: Anita Ludlow (UK)  
音乐: Life or Love - Alan Jackson



Sequence: AB, AB (but add counts 15 -22 once more PLUS the last four counts from Section A). Finish the dance with A A

## PART A

### SWITCH HEELS, SWIVELS, ¼ TURN MAMBO CROSS

1                      Weight on left, dig right heel forward  
&2                      Step right next to left, dig left heel forward  
&3                      Step left next to right, small step forward on right (weight on both feet now)  
&4                      Swivel both heels to right, swivel both heels back center  
5-6                      Swivel both heels to right, swivel both heels back center  
7&8                      Rock right to right side, ¼ turn left recovering weight on left, cross right over left

### MAMBO CROSS, ROCK FORWARD, ½ TURN TRIPLE, FULL TURN TRIPLE

1&2                      Rock left to left side, recover weight on right, cross left over right  
3-4                      Rock forward on right, recover weight on left  
5&6                      Triple step right, left, right turning ½ turn right  
7&8                      Triple step left, right, left completing a full turn right

This can be replaced by a straight shuffle forward on left

### MAMBO FORWARD, 2 X LOCK SHUFFLES BACK, MAMBO BACK

1&2                      Rock forward on right, recover weight on left, step back on right  
3&4                      Step left back, cross right over left, step back on left  
5&6                      Step back on right, cross left over right, step back on right  
7&8                      Rock back on left, recover weight on right, step forward on left

### SWITCH HEELS & STEP SLIDE, CHASSE LEFT, SAILOR SHUFFLE

1                      Dig right heel forward  
&2                      Step right next to left, dig left heel forward  
&3                      Step left next to right, take a large step to right  
4                      Drag left in to touch next to right  
5&6                      Step left to left side, step right next to left, step left to left side  
7&8                      Swing right behind left, step left in place, step right next to left

### SAILOR SHUFFLE, BEHIND UNWIND, CROSSING SHUFFLE, MAMBO WITH ¼ TURN

1&2                      Swing left behind right, step right in place, step left next to right  
3-4                      Sweep right behind left ½ turning right by swiveling on ball of left

Weight now on right

5&6                      Step left across right, step right to right side, step left across right  
7&8                      Rock right to right side, recover weight on left turning ¼ left, step right next to left

### HALF PIVOT TURN, HALF TRIPLE TURN, STEP OUT/OUT IN/IN, TAP HEELS TWICE

1-2                      Step forward on left, ½ turn right stepping onto right  
3&4                      Triple step left, right, left complete another ½ turn right  
&5                      Step small step out to right on right, step small step out to left on left  
&6                      Step right back in, step left next to right (weight now on both feet)  
7-8                      Tap both heels twice

## **PART B**

### **LUNGE ROCK WITH TWO JAB PUNCHES TWICE**

- 1-2 Lunge rock right out to right side, bring weight back center replacing right next to left
- 3-4 Jab punch right fist forward twice
- 5-6 Lunge rock right out to right side, bring weight back center replacing right next to left
- 7-8 Jab punch right fist forward twice

### **STEP FORWARD RIGHT, LEFT, SHUFFLE FORWARD RIGHT & LEFT, SYNCOPATED PIVOTS**

- 9-10 Step forward on right, step forward on left
- 11&12 Shuffle forward on right
- 13&14 Step forward on right, ½ turn left stepping onto left, step forward on right
- 15&16& ½ turn left swiveling on ball of right foot lifting left leg forward

**The count is 15&16& and these pivots will be repeated when Part B is danced for second time**

### **COASTER STEP, SHUFFLE FORWARD RIGHT & LEFT**

- 17&18 Step back on left, step right next to left, step forward on left
  - 19&20 Shuffle forward on right
  - 21&22 Shuffle forward on left
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