

# The Hard Way

拍数: 78      墙数: 4      级数: Intermediate  
编舞者: Geoff Evans (UK)  
音乐: The Hard Way - Faith Hill



- 1&2&3&4      Right heel, forward left heel forward, right heel forward double stamp right heel stomps half time so count as one step
- 5-8      Chasse right stepping right close left, step  $\frac{1}{4}$  step to right, step forward onto left &  $\frac{1}{2}$  pivot to the right so that weight ends on right
- 9-12      Lock steps forward: left lock right behind left scuff right forward step forward on right foot lock left behind, step forward right scuff left forward
- 13-16      Skip backwards: left, right, left, crossing each step behind, & stomp right foot next to left
- 17-20      Right, left, right, & rolling grapevine to the right, stepping stomp left foot, & double clap
- 21-24      Rolling grapevine left stepping, left, right, left, & stomp right next to left, & double clap
- 25-30      Shuffle forward stepping, right, left, right, left, right, left completing  $\frac{1}{4}$  turn to right
- 31-36      Shuffle backwards stepping right, left, right, left, right, left completing  $\frac{1}{4}$  turn to right
- 37-41      Step forward onto right, rock back onto left, step forward onto right, close with left, step forward onto right as you do this move you should roll your hips
- 42-46      Step forward onto left rock back onto right, step forward onto left close with right, step forward onto right, again roll hips
- 47-50      Grapevine right scuff stepping right, left, right, & scuff left foot
- 51-54      Rolling grapevine left & clap stepping left, right, left
- 55-58      Shuffle forward stepping right, left, right,
- 59-62      Shuffle forward stepping left, right, left,
- 63-66      Touch right toe forward, right toe back, turn half turn to right keeping weight on the left foot, & hook right across left shin
- 67-70      Shuffle forward stepping right, left, right
- 71-74      Shuffle forward stepping left, right, left
- 75-78      Walk back stepping right, left, right, together

**REPEAT**

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