

Hard Working Man

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 4
編舞者: Bob Francis (UK) - July 2021
音樂: I'll Stay Me - Luke Bryan



Intro: 16 counts Start on main vocal.

SEC-1 FORWARD V STEP KNEE POPS, COASTER STEP, FORWARD LOCK STEP, CHASE HALF, STEP.

- 1-2 Step forward on Right, to Right diagonal pop Right knee to Right side, Step forward on Left, To Left diagonal pop Left knee to Left side.
- 3&4 Step back on Right, Step Left next to Right, Step forward on Right.
- 5&6 Step forward on Left, Lock Right behind Left, Step forward on Left. 12-00
- 7&8 Step forward on Right, Pivot ½ turn Left, Step forward on Left, Step forward on Right. 6-00

SEC-2 TURNING TOE STRUTS, FORWARD SHUFFLE, HEEL, TOE. PIVOT QUARTER, TOUCH.

- 1-& Touch Left toe back, making ½ turn Right, Drop down on Left heel. 12-00
- 2& Step forward on Right toe, making ½ turn Right, Step down on Right heel. 6-00
- 3&4 Step forward on Left, Step Right next to Left, Step forward on Left.
- 5-6 Dig Right heel forward, Touch Right toe back.
- 7&8 Step forward on Right, Pivot ¼ turn Left, Step Left to Left side, Touch Right next to Left. 3-00

SEC-3 SIDE TOGETHER FORWARD, SIDE TOGETHER BACK, BACK LOCK STEP. BACK ROCK STEP.

- 1&2 Step right to Right side, Step Left next to Right, Step forward on Right.
- 3&4 Step Left to Left side, Step Right next to Left, Step back on Left.
- 5&6 Step back on Right, Lock Left over Right, Step back on Right.
- 7&8 Rock back on Left, Recover forward on Right, Step forward on Left. 3-00

SEC-4 CROSS, SIDE, HEEL, CROSS, SIDE, HEEL, PIVOT HALF, PIVOT HALF, TOUCH.

- 1&2 Cross Right over left, Step Left to Left side, Dig Right heel forward to Right diagonal.
- &3 Step Right next to Left, Cross Left over Right.
- &4 Step Right to Right side, Dig Left heel forward to Left diagonal. 3-00
- &5-6 Step Left next to Right, Step forward on Right, Pivot ½ turn Left, Step forward on Left. 9-00
- 7&8 Step Right, Pivot 1/2 turn Left, Step Left to Left side, Touch Right next to Left. 3-00

End of dance. Have fun and enjoy.

To keep in phase with the music 4 restarts are needed.

Restart 1: In wall 2 dance to count 16 now facing 6-00 start again

Restart 2: In wall 4 dance to count 7& now facing 3-00, Foot change here touch Right next to Left - Start again.

Restart 3: In wall 7 dance to count 16 now facing 9-00 start again.

Restart 4: In wall 9 dance to count 20 now facing 3-00 start again

Please don't be put off with all the restarts they are easy to hear in the music.

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