

The Hardest Word

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 4 級數: Intermediate smooth
編舞者: Rex Chuan (USA) - February 2023
音樂: Sorry Seems To Be the Hardest Word - Elton John



Start: after 16 counts of piano introduction

S1: Side, Cross, Throw Arms X2 (R-L), Hitch, Forward, Side Rock, Recover, Forward, Touch Behind, Back, Back Cross, Side Rock, Recover

1&2& Step RF R(1), cross LF(&), throw right arm forwards(2), throw left arm forwards(&)
3&4& Hitch RF(3), land RF forwards(&), rock LF L(4), recover(&)
5&6 Step LF forwards(5), touch RF behind(&), step RF backwards(6) and sweep LF backwards
7&8 Step LF behind(7), rock RF R(8), recover(&) and L quarter turn for next move (9:00)

S2: Cross Rock, Recover, Side, Touch Forward, Touch Side, Back Rock, Weight Shift, Swivel, Swivel, Monterey Turn

12& Cross rock RF(1), recover(2), step RF R(&)
345 Forward touch LF(3), side touch LF(4), rock RF backwards
6&7 Move weight forward(6), L half turn and bend right knee(&), swivel L quarter turn weight on LF(7) and start to rotate shoulder with assistance of right arm clockwise to gain momentum for the subsequent spin
8& Move RF together and spin R full turn on LF(8), step RF in place(&) (6:00)

S3 Side Touch, Together, Side Step, Side Touch, Together, Side Step, Back Rock, Together, Hitch Turn, Back, Back Rock, Recover

1&2& LF touch L(1), LF together weight remains on RF(&), step LF L(2), RF together weight remains on LF(&)
3&4& Touch RF R(3), RF together weight remains on LF(&), step RF R(4), Rock LF backwards(&)
567 Recover(5) and swivel R half turn on RF with LF hitched, extent both arms above head with palm facing inwards and fingers connected(6), open arm side way downwards and land LF backwards(7)
8& Rock RF backwards(8), recover(&) (12:00)

S4: Forwards & Hitch Turn, Cross, Side, Sway, Sway, Sway, Rock, Recover, Back, Back, Side Rock, Recover

12&3 Step RF forwards(1) and turn quarter R with LF hitched, cross LF(2), step RF R(&), sway L(3)
4&5 Sway R(4), sway L(&), rock RF forwards(5)
6&7 Recover(6), step RF backwards(&), step LF backwards(7)
8& Rock RF R(8), recover and make L half turn for the subsequent step (9:00)

Enjoy the dance!