

# Hard Work

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**Count:** 32      **Wall:** 4      **Level:** Intermediate  
**Choreographer:** Neville Fitzgerald & Julie Harris (Nov 2014)  
**Music:** Hard Work by Ella Henderson (iTunes)

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## Starts after 16 Counts

### Side, Cross Shuffle, Cross, Side, Behind, Behind, Side, Step, Step, 1/2, 3/4 .

1-2&3      Step Left to Left side, cross Right over Left, step Left to Left side, cross step Right over Left. (travel diagonally towards 10.30)  
4&5      (Still facing 10.30) Cross step Left over Right, step Right to Right side, cross step Left behind Right.  
6&7      Make 1/8 turn to Left as you cross step Right behind Left, step Left to Left side, step forward on Right. (this will look circular) (9.00)  
8&1      Step forward on Left, 1/2 pivot to Right, make 3/4 turn to Right stepping Left next to Right. (12.00)

### Side Rock, Back Rock, 1/4, 1/2, Back Rock Recover, Step, 1/2, 1/2 Side.

2&      Rock Right to Right side, recover on Left.  
3&      Cross rock Right behind Left, recover on Left.  
4-5      Make 1/4 turn to Right stepping forward on Right. Make 1/2 turn to Right stepping back on Left as you sweep Right to Right side. (9.00)  
6&7      Rock back on Right, recover on Left, step forward on Right.  
8&1      Make 1/2 turn to Right stepping back on Left, 1/2 turn to Right stepping forward Right, step Left to Left side  
. \*\*R\*\* (9.00)

### Cross Rock, Side Rock, Back Rock, Side, Back Rock, Side Rock. Cross Rock, 1/4 .

2&3&      Cross rock Right over Left, recover on Left, rock Right to Right side, recover on Left  
4&5      Cross rock Right behind Left, recover on Left. Step Right to Right side.  
6&7&      Cross rock Left behind Right, recover on Left, rock Left to Left side, recover on Right.  
8&1      Cross rock Left over Right, recover on Right, make 1/4 turn to Left stepping forward on Left. (6.00)

### Step 1/2 Step, 1/2, 1/2, 1/4, Back Rock 1/4, 1/4 Cross.

2&3      Step forward on Right, 1/2 pivot to Left, step forward on Right.  
4&5      Make 1/2 turn to Right stepping back on Left, 1/2 turn to Right stepping forward on Right, 1/4 turn to Right stepping Left to Left side.  
6&7      Cross rock Right behind Left, recover on Left, make 1/4 turn to Left stepping back on Right.  
8&      Make 1/4 turn to Left stepping Left to Left side, cross step Right over Left .

**Begin again :)**

**Restart during Wall 3: Dance Up to and including count 16& section 2, then Restart from beginning.**