



HARD WORKIN' MAN

Choreographed by Always Be My Baby by David Cook
64 Count, 4 Wall, Intermediate level line dance
Music: Hard Workin' Man by Brooks & Dunn

Contact Information: <http://www.sphilipg.webs.com/>



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ELYSIUM DANCE DESIGNS -- ARIZONA'S Dance Connection

KICK BALL CROSS, KICK BALL CROSS, SIDE SHUFFLE, ROCK RECOVER

- 1 & 2 Kick right forward, step right to side, cross left over right
- 3 & 4 Kick right forward, step right to side, cross left over right
- 5 & 6 Step right to side, step left together, step right to side
- 7 - 8 Cross/rock left behind right, recover onto right

KICK BALL CROSS, KICK BALL CROSS, SIDE SHUFFLE, ROCK RECOVER

- 1 & 2 Kick left forward, step left to side, cross right over left
- 3 & 4 Kick left forward, step left to side, cross right over left
- 5 & 6 Step left to side, step right together, step left to side
- 7 - 8 Cross/rock right behind left, recover onto left

MONTEREY 1/4 TURN, TOUCH STEP

- 1 - 2 Touch right to side, turn 1/4 right and step right forward
- 3 - 4 Touch left to side, step left together
- 5 - 8 Repeat steps 1-4

STEP, HEEL BOUNCE RIGHT, STEP HEEL BOUNCE LEFT

- 1 - 4 Step right forward, bounce right heel 3 times
- 5 - 8 Step left forward, bounce left heel 3 times

PIVOT 1/2 TURN, FORWARD SHUFFLE, PIVOT 1/2 TURN, FORWARD SHUFFLE

- 1 - 2 Step right forward, turn 1/2 left (weight to left)
- 3 & 4 Step right forward, step left together, step right forward
- 5 - 6 Step left forward, turn 1/2 right (weight to right)
- 7 & 8 Step left forward, step right together, step left forward

1/4 LEFT TOUCH, HOLD, HEEL BOUNCE

- 1 - 4 Turn 1/4 left and touch right to side, hold for 3 counts
- Optional hand movement: spread hands to respective side at hip levels with palms facing down*
- 5 - 8 Bounce right heel 4 times (weight to left)
- Re-starts: on wall 2 and 5 do dance until step 48 then start again*

SIDE SHUFFLE ROCK RECOVER, SIDE SHUFFLE ROCK RECOVER

- 1 & 2 Step right to side, step left together, step right to side
- 3 - 4 Cross/rock left behind right, recover onto right
- 5 & 6 Step left to side, step right together, step left to side
- 7 - 8 Cross/rock right behind left, recover onto left

STEP, HEEL SWIVELS TO RIGHT, SWIVELS BACK TOWARDS LEFT

- 1 Step left together
- 2 - 4 Swivel right heel out, swivel right toe out, swivel right heel out
- 5 - 6 Swivel right heel in, swivel right toe in
- 7 - 8 Swivel right heel in, swivel right toe together

REPEAT

(Originally taught by Elysium Dance Designs January 2008)

This stepsheet provided courtesy of

Elysium Dance Designs LLC, P.O. Box 24738, Tempe, AZ 85282; Phone:480.491.5190
Email: elysiumddc@cox.net Website: www.azbodydance.com



