

# Work Harder

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**Count:** 32                      **Wall:** 4                      **Level:** Improver

**Choreographer:** Fred Whitehouse (IRE) - April 2022

**Music:** - Adele Roberts, James Oliver Hutchinson & Andrea Christina Obeid

## **Intro: 16 Counts, Start at approx 8 secs**

### **SEC 1: Grapevine, Cross, Side Rock, Weave, $\frac{1}{8}$ Step**

- 1-2            Step right to right, step left behind right
- 3-4            Step right to right, cross left over right
- 5&            Rock right to right, recover weight onto left
- 6&7          Cross right over left, step left to left, step right behind left bending both knees
- 8              Turn  $\frac{1}{8}$  left step left forward (10:30)

### **SEC 2: Rock, Side Rock, Back Sweep, Back $\frac{1}{8}$ Sweep, Back Sit, Recover**

- 1-2            Rock right forward, recover weight onto left
- 3-4            Rock right to right, recover weight onto left
- 5              Step right back sweeping left from front to back
- 6              Step left back turn  $\frac{1}{8}$  right sweeping right from front to back (12:00)
- 7-8          Step right back sitting into right hip, recover weight onto left

## **Restart Here on Wall 2**

### **SEC 3: Scuff, Out Out, Knee In Out, Samba Step, Cross, $\frac{1}{4}$ Back, Back**

- 1&2            Scuff right forward, step right to right, step left to left
- 3-4            Twist right knee in, twist right knee out transferring weight onto right
- 5&6            Cross left over right, rock right to right, recover weight onto left
- 7&8            Cross right over left, turn  $\frac{1}{4}$  right step left back, step right back (3:00)

### **SEC 4: Back, Back, Coaster Step, Hip Bump $\frac{1}{2}$ Turn, Hip Bump $\frac{1}{2}$ Turn**

- 1              Step left back grinding right heel twisting right toe to right
- 2              Step right back grinding left heel twisting left toe to left
- 3&4            Step left back, step right beside left, step left forward

- 5&6** Turn  $\frac{1}{4}$  left point right to right bumping hips to right, bump hips to left, turn  $\frac{1}{4}$  left bump hips back transferring weight onto right (9:00)
- 7&8** Turn  $\frac{1}{4}$  left point left to left bumping hips to left, bump hips to right, turn  $\frac{1}{4}$  left bump hips forward transferring weight onto left (3:00)

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