

HARD KNOX

2 wall, 32 counts, Novice line dance, West Coast Swing Rhythm

One 16 count tag done once

Choreographed by: Johnny J. (September 2010)

Music: "Hard Knocks" by Joe Cocker (Album: "Hard Knocks"), 92 BPM, 32 count intro

Numbers in square brackets indicate facing wall, e.g. [3] = 3 o'clock wall.



SECTION 1 – Modified Lady's Sugar Push, Sway Right & Left

- 1-2 Step forward on right foot, Step forward on left foot
- 3&4 Rock right foot back, recover weight to left foot, rock right foot back (Anchor Step)
- 5&6 Step back on right foot, step left foot next to right, Step forward on right foot (Coaster Step)
- 7-8 Sway to the right, Sway to the left

SECTION 2 – Step, ½ Turn, Shuffle ½ Turn, Step ½ Turn- Step, ½ Turn, ½ Turn

- 1-2 Step forward on right foot, Do ½ turn right (CW) and step back on left foot [6]
- 3&4 Do ¼ turn right (CW) and step right foot to right side, Step left foot next to right, Do ¼ turn right (CW) and step forward on right foot [12]
- 5&6 Step forward on left foot, Do ½ turn right (CW) and transfer weight to right foot [6], Step forward on left foot
- 7-8 Do ½ turn left (CCW) and step back on right foot [12], Do ½ turn left (CCW) and step forward on left foot [6]

SECTION 3 – Step, Kick, Lock-Back-Lock, Coaster Step, Step, Kick-Out-Out

- 1-2 Step forward on right foot, Kick left foot forward
- 3-4 Lock left foot over right, Step back on right foot, Lock left foot over right
- 5&6 Step back on right foot, step left foot next to right, step forward on right foot
- 7 Step forward on left foot
- 8&1 Kick right foot slightly over left, Step right foot out to right side, Step left foot out to left side

SECTION 4 – Knee Knocks/Pops, Heel Swivels, Coaster Step, ½ Turn

- 2& Pop right knee IN (towards left knee), Pop left knee OUT (away from right knee)
- 3& Pop left knee IN (towards right knee), Pop right knee OUT (away from left knee – and raise right heel slightly)
- 4&5 Swivel right heel in (toward left heel), Swivel right heel back in place, Swivel right heel in (toward left heel)
- 6&7 Step back on right foot, step left foot next to right, step forward on right foot
- 8 Do ½ turn right (CW) and step back on left foot [12]

Start over - Enjoy and have fun

VERY IMPORTANT: To begin dance again, do ½ turn right (CW) [6] and step right foot forward for count 1 in section 1.

HARD KNOX



TAG:

This 16 count tag is done AFTER wall 5 (you will be facing the 12 o'clock wall at the time with the back to the line of dance).

TAG SECTION 1 – ½ Turn, Step, Shuffle Forward, Step ½ Turn-Step, Step, ½ Turn

- 1-2 Do ½ turn right (CW) and step forward on right foot [6], step forward on left foot
- 3&4 Step forward on right foot, Step left next to right, Step forward on right foot
- 5&6 Step forward on left foot, Do ½ turn right (CW) and transfer weight to right foot [12], Step forward on left foot
- 7 Step forward on right foot
- 8 Do ½ turn right (CW) and step back on left foot [6]

TAG SECTION 2 – ½ Turn, Step, Shuffle Forward, Step ½ Turn-Step, Step, ½ Turn

- 1-2 Do ½ turn right (CW) and step forward on right foot [12], step forward on left foot
- 3&4 Shuffle forward right, left, right
- 5&6 Step forward on left foot, Do ½ turn right (CW) and transfer weight to right foot [6], Step forward on left foot
- 7 Step forward on right foot
- 8 Do ½ turn right (CW) and step back on left foot [12]

VERY IMPORTANT: To restart dance from the beginning after the tag, do ½ turn right (CW) [6] and step right foot forward for count 1 in section 1.