

Hard Out Here

Count: 32

Wand: 2

Ebene: Easy Intermediate - Cha Cha

Choreograf/in: Beate Keller (DE) - April 2014

Musik: Hard out Here - Lily Allen



Start: 16 counts intro

(1-9) STEP SIDE R, TOUCH, KICK FWD, COASTER STEP, TOE STRUT, LOCK STEP FWD

- 1 RF step side right
- 2 LF touch beside RF
- 3 LF kick fwd
- 4 & 5 LF step back, RF close together, LF step fwd
- 6 RF touch toe fwd and push right hip up
- 7 RF drop heel to floor
- 8 & 1 LF step fwd, RF lock behind LF, LF step fwd

(10-17) ROCK STEP, RECOVER, CHASSE BACK, WALK BACK, HOOK, CROSS ¼ TURN L

- 2 RF rock step
- 3 LF recover
- 4 & 5 RF step back, LF step next to RF, RF step back
- 6 LF walk back
- 7 RF hook across left shin
- 8 & 1 RF cross over LF and ½ turn left, LF recover, RF ¼ turn left and step side right (3:00)

(18-25) TOGETHER, STEP FWD, KICK BALL TOUCH, STEP ½ TURN L, RECOVER, LOCK STEP FWD

- 2 LF close together
- 3 RF step fwd
- 4 & 5 LF kick fwd, LF step beside RF, RF touch fwd
- 6 RF step fwd and ½ turn left (9:00)
- 7 LF recover
- 8 & 1 RF step fwd, LF lock behind RF, RF step fwd

(26-32) HOLD, LOCK BEHIND, STEP FWD, HOLD, STEP ½ TURN R, RECOVER, STEP SIDE L ¼ TURN R, ROCK BEHIND, RECOVER

- 2 hold
- & 3 LF lock behind RF, RF step fwd
- 4 hold
- 5 LF step fwd and ½ turn right
- 6 RF recover
- 7 LF ¼ turn right and step side left (6:00)
- 8 & RF rock behind LF, LF recover

Start again

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