

# Its Hard For a Woman

**COPPER** **KNOB**  
STEPSHEETS

Count: 64

Wall: 2

Level: Intermediate

Choreographer: Penny Kelly (AUS) & Cathy Pugh (AUS) - July 2010

Music: Metrosexual Craze - Tracy Killeen : (CD: Drivers Seat)



Dance Starts On Lyrics, 32 Count Intro.

## FWD 45 DEG, FWD 45 DEG,STEP TAP,STEP TAP

1-2 Step R Forward At 45 Deg R, Clap  
&34 Step L Forward At 45 Deg R, Step R Forward At 45 Deg R, Clap  
5-6 Step L Forward At 45 Deg L, Tap R Beside L ,Clap  
7-8 Step R Forward At 45 Deg R, Tap L Beside,Clap

## BACK BACK,BACK, HITCH,BACK BACK,BACK , HITCH

1234 Step Back Left, Right, Left ,Hitch R  
5678 Step Back Right, Left, Right, Hitch L

## 1st Restart

## SIDE TOGETHER, FORWARD, HOLD,SIDE TOGETHER 1/4 TURN,HOLD

1-2 Step L To Side, Step R Beside L  
3-4 Step Forward On L, Hold  
5-6 Step R To R Side, Step L Beside R  
7-8 Turn 1/4 Turn R Step Forward On R ,Hold

## ROCKING CHAIR,PIVOT 1/4 TURN HOLD

1-2 Step L Forward, Rock Back On R  
3-4 Step Back On L, Rock Forward On R  
5678 Step L Forward, Pivot 1/4 Turn R, Cross L Over R, Hold

## HIP,HIP,HIP, HOLD,HIP,HIP,HIP, HOLD

1234 Step R Forward At 45 Deg R Push Hips Forward, Back, Forward, Hold  
5678 Step L Forward At 45 Deg L Push Hips Forward, Back, Forward, Hold

\*\* 2nd Restart

## STEP FWD 45 DEG,HOLD,TWIST HEEL,TOE, HEEL ,HOLD

1-2 Step R Forward At 45 Deg R, Hold  
3-4 Twist L Heel Towards R Foot, Hold  
5-6 Twist L Toe Towards R Foot, Twist L Heel Towards R Foot  
7-8 Twist L Toe Towards R Foot, Hold

## STEP TAP,STEP TAP,FREIZE LEFT 1/4 TURN,HOLD

1-2 Step L Forward At 45 Deg L, Tap R Beside, Clap  
3-4 Step R Forward At 45 Deg R, Tap L Beside, Clap  
5-6 Step L To Side. Step R Behind Left  
7-8 Turn 1/4 Turn L, Step Forward On L, Hold

## FORWARD,HOLD,1/4TURN PIVOT,HOLD,FORWARD1/4 PIVOT,FORWARD1/4 PIVOT

1-2 Step Forward On R, Hold  
3-4 Pivot 1/4 Turn L (Weight On L),Hold  
5-6 Step Forward On R, Pivot 1/4 Turn L (Weight On L)  
7-8 Step Forward On R Pivot 1/4 Turn L (Weight On L)

## 1st RESTART happens on WALL 4 after count 16 ## facing back wall,

Instead of hitching L leg, step it beside R taking weight.

\*\* 2nd RESTART happens on WALL 7 after count 40 \*\* (hips) .Facing front wall

---