

Love Is Hard Enough

Compte: 76

Mur: 4

Niveau: Phrased Intermediate



Chorégraphe: Aurora de Jong (USA) - November 2018

Musique: Love Isn't Easy (But It Sure Is Hard Enough) - ABBA

Sequence is easy! A, A-, B, B, A, A-, B, B, B, B
Begin dance on vocals.

Part A: 40 counts

A[1-8]: Cross point forward, cross point back; behind, side, cross, kick

- 1-4 Step R in front of L (1), point L to left side (2), step L in back of R (3), point R to right side (4)
5-8 Step R behind L (5), step L to left (6), cross R in front of L (7), kick L diagonally forward (8)

A[9-16]: Behind, side, cross; back, 1/4 turn left, cross; hip bumps

- 1-4 Step L behind R (1), step R to right (2), cross L over R (3), step R back (4)
5-8 Step L 1/4 left (now facing 9:00) (5), step R over L (6), step L to left, sinking into left hip (7), sway hips to right (&), sway hips back to left (8), transfer weight back to R (&)

A[17-24]: L back shuffle, R 1/2 turn shuffle to the right, 1/2 step pivot turn, step L, touch R

- 1-4 Step ball of L foot back (1), bring R foot to L (&), step L back (2), step R forward turning 1/2 to the right (3:00) (3), bring L to R (&), step R forward (4)
5-8 Step L forward (5), pivot 1/2 to the right transferring weight to R (9:00)(6), step L forward (7), touch R next to L (8)

A[25-32]: Nightclub right, nightclub left

- 1-4 Big step R to right (1), hold (2), rock L behind R (3), recover to R (4)
5-8 Big step L to left (5), hold (6), rock R behind L (7), recover to L (8)

A[33-40]: 1/4 turn right, 1 1/2 turns right; rock, recover; walk, walk

- 1-4 Step R 1/4 right (12:00)(1), step L back 1/2 right (6:00) (2), step R forward 1/2 turn right (12:00)(3), step L back 1/2 turn right (6:00)(4)
5-8 Rock R back (5), recover to L (6), step R forward (7), step L forward (8)

Part A-: (first 24 counts of A)

Part B: 36 counts

B[1-8]: Shuffling rumba box

- 1-4 Step R to right (1), step L next to R (2), step R forward (3), step L next to R (&), step R forward (4)
5-8 Step L to left (5), step R next to L (6), step L back (7), step R next to L (&), step L back (8)

B[9-16]: shuffling 1/2 turn right, shuffling 1/2 turn right; rock, recover; R shuffle forward

- 1-4 Step R forward 1/2 turn right (6:00)(1), step L next to R (&), step R forward (2), turn 1/2 right stepping L back (12:00)(3), step R next to L (&), step L back (4)
5-8 Rock R back (5), recover to L (6), step R forward (7), step L next to R (&), step R forward (8)

B[17-24]: Step, 1/4 turn left flick, syncopated samba steps backwards

- 1-4 Step L forward (1), pivot 1/4 left on L, bend R knee and flick R heel behind (9:00) (2), step R in front of L (3), step L back (4)
5-8 Step R back (5), step L in front of R (6), step R back (7), step L back (8)

B[25-32]: Syncopated samba steps backwards, sways with alternate heel touches

- 1-4 Step R over L (1), step L back (2), step R back (3), step L over R (4)

5-8 Step R to right into a sway (5), extend L heel to left diagonal (6), step L to left into a sway (7), extend R heel to right diagonal (8)

B[33-36]: Sways with alternating heel touches

1-4 Step R to right into a sway (1), extend L heel to left diagonal (2), step L to left into a sway (3), extend R heel to right diagonal (4)

Dance should end nicely at the front wall! Enjoy!

Contact: aurora.dejong@gmail.com
