

# Hard Livin'

拍数: 32                      墙数: 2                      级数: Intermediate  
编舞者: Hiroko Carlsson (AUS) - December 2017  
音乐: Hard Livin' - Chris Stapleton : (iTunes)



(16 count intro / Start on vocals)

**[S1] Heel, Flick (behind), Heel, Flick (side), Heel, Hook, Heel, 1/4L Flick (side), Side Rock, R Heel Grind, Coaster Step, Scuff**

1&                      R heel diagonally forward, Raise right foot behind left leg  
2&                      R heel diagonally forward, Flick right foot to right side  
3&                      R heel diagonally forward, Raise right foot in front of left leg  
4&                      R heel diagonally forward, On ball of L make a 1/4 turn left and flick right foot to right side  
5&                      Rock/step R to right side, Recover weight on L  
6&                      Grind R heel over left, Step L to left side  
7&8&                      Step R back, Step L next to R, Step R forward, Scuff L forward (9:00)

**[S2] 2x Step-Lock-Step-Scuff, Rock Fwd, 1/2L Fwd, 1/2L Back, 3x 1/4L Ball Step**

1&2&                      Step L forward, Lock/step R behind L, Step L forward, Scuff R forward  
3&4&                      Step R forward, Lock/step L behind R, Step R forward, Scuff L forward  
5&6                      Rock/step L forward, Recover weight on R, Make a 1/2 turn left stepping forward on L  
7&                      Make a 1/2 turn left stepping back on R, On ball of R make a 1/4 turn left  
8&                      On ball of R make a 1/4 turn left, On ball of R make a 1/4 turn left (12:00)

**[S3] Rock Fwd, 3x Back w/ Hitch, Back-Cross Touch, 1/2R Back-Cross Touch, Fwd-Touch Behind, Back w/ Hook**

1&                      Rock/step L forward, Recover weight on R  
2&                      Stepping back on L, Hitch R  
3&                      Stepping back on R, Hitch L  
4&                      Stepping back on L, Hitch R  
5&                      Step R back, Cross touch L over R  
6&                      Make a 1/2 turn right stepping back on L, Cross touch R over L  
7&                      Step R forward, Tap L behind R  
8&                      Step L back, Cross touch R toe over L (6:00)

**[S4] Heel Switch, Apple Jack, Heel Switch, Scuff (side)-Hop, Side, Together**

1&2&                      R heel forward, Step R together, L heel forward, Step L together  
3&                      Take weight onto R heel and swivel L foot to the right side, Return your feet to centre  
4&                      Take weight onto L heel and swivel R foot to the left side, Return your feet to centre with weight ending on L  
5&6&                      R heel forward, Step R together, L heel forward, Step L together  
7&                      Scuff/scoop R to right side, Small hop on L  
8&                      Step R to right side, Step L next to R (6:00)

**No Tag No Restart**

(updated: 11/Dec/17)

Please feel free to contact me if you need any further information. ([hirokoclinedancing@gmail.com](mailto:hirokoclinedancing@gmail.com))