

# Hard Days

**COPPER** **KNOB**  
BY STEPSHEETS

拍数: 32      墙数: 4      级数: Beginner  
编舞者: Sophie Ruhling (FR) - February 2019  
音乐: Hard Days (feat. Rainea Blake, Chris Carmack, Jonathan Jackson & Sam Palladio) - Nashville Cast



## #16 count intro – CCW - 1 TAG

Dance specially choreographed for the USA Normandy Festival of Louviers on 29-30 June 2019 (dance identical to Saturday Night choreographed by Sophie Ruhling in June 2017 but with different tags)

### SECT.1 : TRIPLE STEP TO R SIDE, ROCK STEP L BACK, TRIPLE STEP TO L SIDE, ROCK STEP R BACK

1&2      step R to R side, step L beside R, step R to R side  
3-4      rock step L back, recover on R  
5&6      step L to L side, step R beside L, step L to L side  
7-8      rock step R back, recover on L

### SECT.2 : KICK BALL CROSS (X2), 1/4 TURN L BACK R, 1/4 TURN L WALK L, STEP 1/2 TURN L

1&2      kick R fwd, step R ball in place, cross L over R  
3&4      kick R fwd, step R ball in place, cross L over R  
5-6      1/4 turn L back R, 1/4 turn L walk L (6.00)  
7-8      walk R, 1/2 turn L (weight on L) (12.00)

### SECT.3 : TOE STRUT R FWD, TOE STRUT L FWD, JAZZ BOX R WITH 1/4 TURN R

1-2      step R toe fwd, drop R heel  
3-4      step L toe fwd, drop L heel  
5-6      cross R over L, back L  
7-8      1/4 turn R walk R, walk L (3.00)

### SECT.4 : TRIPLE STEP R FWD, STEP 1/2 TURN R, STOMP L, STOMP R, SWIVETS

1&2      walk R, walk L beside R, walk R  
3-4      walk L, 1/2 turn R (weight on R) (9.00)  
5-6      stomp L to L side, stomp R to R side  
7-8      swivel L toe to L side and R heel to R side, both feet back in place (weight on L)

\*TAG here end of wall 10 (6.00): 20 counts: repeat sect.4 X2 + hold 4 counts with snap

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