

# Hard Day

COPPERKNOB  
STEPSHEETS

拍数: 64      墙数: 2      级数: Improver  
编舞者: Hotma Tiarma Purba (INA) - May 2022  
音乐: Cand Am O Zi Grea - Mario Eduard : (Cover)



Dance begins on vocal

## I. HEEL GRIND, SIDE, CROSS SAMBA

1-2            Touch R heel over L, step L in place  
3-4            Step R to side, step L in place  
5-6            Cross R over L, step L to side  
7-8            Step R in place, hold

## II. HEEL GRIND, SIDE, CROSS SAMBA

1-2            Touch L heel over R, step R in place  
3-4            Step L to side, step R in place  
5-6            Cross L over R, step R to side  
7-8            Step L in place, hold

## III. FORWARD, ½ R FORWARD, ½ PIVOT

1-2            Step R forward, recover on L  
3-4            ½ Turn right step R forward, hold (6.00)  
5-6            Step L forward, ½ turn right step R in place (12.00)  
7-8            Step L forward, hold

## IV. SCISSOR, TOUCH, HIP BUMPS

1-2            Step R to side, close L together  
3-4            Cross R over L, hold  
5-6            Touch L to side and bump hip to left, bump hip to right  
7-8            Bump hip to left, bump hip to right

# Restart here on 2nd wall facing 6.00

## V. BEHIND, SIDE, CROSS, ½ R SHUFFLE

1-2            Cross L behind R, step R to side  
3-4            Cross L over R, hold  
5-6            ¼ Turn right step R forward, step L together  
7-8            ¼ Turn right step R forward, hold (6.00)

## VI. VAUDEVILLE L-R

1-2            Cross L over R, step R to side  
3-4            Touch L heel to diagonal left, step down L  
5-6            Cross R over L, step L to side  
7-8            Touch R heel to diagonal right

## VII. ½ L SHUFFLE, JAZZBOX

1-2            ¼ Turn left step L forward, step R together  
3-4            ¼ Turn left step L forward, sweep R  
5-6            Cross R over L, step L back  
7-8            Step R to side, touch L beside R

## VIII. STEP WITH HIP BUMPS TWICE, ½ L WITH HIP BUMPS

1-2            Step L on ball and hip bump to left, step R together  
3-4            Step L on ball and hip bump to left, step R together

5-6            ¼ Turn left step L on ball and hip bump to left, step R together  
7-8            ¼ Turn left step L to side, hold

**Enjoy this dance!!**

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