

So Hard

COPPER KNOB
BY STEPHEN

拍數: 64 牆數: 2 級數: Intermediate
編舞者: Rafel Corbí (ES) - September 2015
音樂: Don't Be So Hard On Yourself - Jess Glynne : (2015 Single Release)



Intro: 32 counts

S1: FORWARD, TOUCH, KICK, BALL, CROSS, ROCK, RECOVER, CROSSING SHUFFLE

1-2 Step Forward with Right, touch Left toe beside Right
3&4 Kick in left diagonal with Left, step Left beside Right, cross Right over Left
5-6 Rock Left to left side, recover onto Right
7&8 Cross Left over Right, small step Right to right, cross Left over Right

S2: AND CROSS, HOLD, CROSSING SHUFFLE, ROCK, RECOVER, 3/4 SHUFFLE TURN RIGHT

&1-2 Small step Right to right, cross Left over Right, hold
&3&4 Small step Right to right, cross Left over Right, small step Right to right, cross Left over Right
5-6 Rock forward on Right, recover onto Left
7&8 Shuffle 3/4 turn right stepping Right-Left-Right 9:00

S3: SIDE, HOLD, BESIDE, TURN, SCUFF, FORWARD, PIVOT TURN, TOUCH, OUT OUT, CLAP

1-2 Step Left to left side, hold
&3-4 Step Right beside Left, 1/4 turn Left and step Left forward, scuff Right beside Left
5-6 Step Right forward, 1/2 turn Left and touch Left toe beside Right 12:00
&7-8 Small step Left out to left side, small step out Right to right side, clap

S4: RIGHT HEEL & TOE, LEFT HEEL & TOE, ROCK, RECOVER, SHUFFLE BACK

1&2 Touch right heel forward, step right next to left, touch left toe beside right
3&4 Touch left heel forward, step left next to right, touch right toe beside left
5-6 Rock forward on right, Recover onto left
7&8 Step back on right, step left beside right, step back on right

S5: BACK, HOLD, HIP BUMPS, KICK BALL TURN, BOUNCE RIGHT HEEL

1-2 Open body in left diagonal and step Left back, hold
3&4 Bump hips Left-Right-Left
5&6 Recovering center kick Right forward, step right beside Left, 1/4 turn Right and step left to left
3:00
7-8 With weight on Left foot, bounce Right heel two counts

S6: BESIDE, ROCK & RECOVER, RIGHT SIDE SHUFFLE, CROSS, SIDE, 1/4 TURN SAILOR STEP

&1-2 Right beside Left, rock Left over Right, recover on Right
3&4 Step Left to side, Right beside Left, step Left to left side
5-6 Cross Right over Left, step Left to side
7&8 1/4 turn right and step Right back, step Left in place, step Right forward 6:00

S7: FORWARD, LOCK, ROCK RECOVER CROSS, FORWARD, LOCK, ROCK RECOVER CROSS

1-2 Step Left slightly forward in left diagonal , lock Right behind Left
3&4 Rock Left to side, recover on Right, cross Left in front of Right
5-6 Step Right slightly forward in right diagonal, lock Left behind Right
7&8 Rock Right to side, recover on Left, cross Right in front of Left

S8: ROCK, RECOVER, COASTER STEP, ROCK, RECOVER, FULL TURN RIGHT (OR ROCK BACK RECOVER)

1-2 Rock Left to side, recover on Right

3&4 Step Left back, step Right back, step Left forward
5-6 Rock forward with Right, recover on Left (starting turning right) 6:00
7-8 Full turn right and step Right in front of Left, step Left forward

Start again :-)

Last Update – 2nd Oct 2015
