

# Hard On Yourself

**COPPER** **KNOB**  
BY STEPHEN

拍數: 32      牆數: 4      級數: High Beginner  
編舞者: Alexis Strong (UK) - March 2016  
音樂: Don't Be So Hard On Yourself - Jess Glynne : (iTunes)



## Start On Vocals

### [1-8] CHASSE RIGHT, LEFT ROCK BACK RECOVER, LEFT SIDE, RIGHT BEHIND, LEFT KICK BALL CROSS.

1&2      Step R To R (1) Step L To R (&) Step R To R (2)  
3-4      Rock Back On L (3) Recover Fwd On R (4)  
5-6      Step L To L (5) Cross R Behind L (6)  
7&8      Kick L Diagonal Fwd (7) Step L Down (&) Cross R Over L (8)

### [9-16] STEP LEFT, DIP DOWN, TOUCH RIGHT, STEP RIGHT, DIP DOWN, TOUCH LEFT, LEFT RUMBA BOX FORWARD SHUFFLE.

1-2      Step To L And Dip Down (1) Touch R To R (2)  
3-4      Step To R And Dip Down (3) Touch L To L (4)  
5-6      Step L To L (5) Step R To L (6)  
7&8      Step L Fwd (7) Step R To L (&) Step L Fwd (8)

### [17-24] STEP FORWARD RIGHT, KICK LEFT FORWARD, STEP BACK LEFT, TOUCH RIGHT TOE BACK, 1/2 TURN LEFT WALK RIGHT, WALK LEFT, RIGHT SHUFFLE.

1-2      Step Fwd On R (1) Kick L Fwd (2)  
3-4      Step Back On L (3) Touch R Toe Behind (4)  
5-6      Walking Round To L 1/2 Turn, Walk R (5) Walk L (6)  
7&8      Step R Fwd (7) Step L To R (&) Step R Fwd (8) FACING 6.00

### [25-32] 1/4 TURN LEFT, WALK LEFT, WALK RIGHT, LEFT SHUFFLE, STOMP RIGHT, STOMP LEFT, TWIST RIGHT HEEL IN, STEP ON RIGHT, TWIST LEFT HEEL IN, STEP ON LEFT.

1-2      Walking Round To L 1/4 Turn, Walk L (1) Walk R (2)  
3&4      Step Fwd L (3) Step R To L (&) Step L Fwd (4)  
5-6      Stomp R (5) Stomp L (6)  
&7&8      Twist R Heel In (&) Step On R (7) Twist L Heel In (&) Step On L (8) FACING 3.00

Dance ends facing 12.00

(Alternative Track- Dancing On A Saturday Night By Barry Blue)

When Using this track add Tag end of walls 3 and 6

**TAG- STEP RIGHT SIDE, TOUCH LEFT, STEP LEFT SIDE, TOUCH RIGHT**

1-2      Step R to R (1) Touch L To R (2)  
3-4      Step L To L (3) Touch R To L (4)

Enjoy!!