

# It's Not Hard

拍數: 64      牆數: 4      級數: Phrased High Improver  
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音樂: Piano - Ariana Grande



Intro: 16 count intro

Sequence: A-A-A-B-A-A-A-B-B-A-B-B-B-A

## PART A

### WALK x 2, LOCK STEP, ROCK, SAILOR STEP ½

1 - 2            RF step forward, LF step forward  
3&4            RF step forward, LF step behind RF, RF step forward  
5 - 6            LF rock forward, recover weight on RF  
7&8            LF cross behind RF, ½ turn with RF stepping to right, LF step forward (06:00)

### STEP, POINT SIDE x2, ROCK, SHUFFLE ½

1 - 2            RF step forward slightly crossed over LF, LF point Left  
3 - 4            LF step forward slightly crossed over RF, RF point Right  
5 - 6            RF rock forward, recover weight on LF  
7&8            RF stepping ¼ to right, step LF next to RF, RF ¼ turn stepping forward (12:00)

### STEP, PIVOT ½, LOCK STEP, ROCK, BACK, TOUCH, HIP BOUNCE

1 - 2            LF step forward, ½ turn to right (06:00)  
3&4            LF step forward, RF step behind LF, LF step forward  
5 - 6            RF rock forward, recover weight on LF  
&7&8           RF step backward, LF touch forward, lift L hip up, drop L hip sit on R hip

### BACK, TOUCH, HIP BOUNCE X2, SAILOR STEP ¼, ROCK X2

&1&2           LF step backward, RF touch forward, lift R hip up, drop R hip sit on L hip  
&3&4           RF step backward, LF touch forward, lift L hip up, drop L hip sit on R hip  
5&6            LF cross behind RF, ¼ turn with RF stepping to right, LF step forward (03:00)  
7&8&           RF rock forward, recover weight on LF, RF rock backwards, recover weight on LF

## PART B

### SIDE, BEHIND, & HEEL& TOUCH, STEP, POINT& CLICK, STEP ¼, BACK ½

1 - 2&           Step RF to R side, step LF behind R, step RF to R  
3&4            Touch L heel to L, step LF to L side, touch RF next to L  
5 - 6            Step RF to R side, touch LF to L side clicking fingers on count 6  
7 - 8            LF ¼ turn left stepping forward, ½ turn left stepping RF back

### SHUFFLE ½, SYMCOATED ROCKS, STEP x2

1&2            LF stepping ¼ to left, step RF next to LF, LF ¼ turn stepping forward  
3 - 4&           RF rock forward, recover weight on LF, RF step next LF  
5 - 6            LF rock forward, recover weight on RF  
7 - 8            Step LF back (swivel right toes out), step RF back (swivel left toes out)

Swivels are optional

### COASTER STEP, PADDLE 1/8 x3

1&2            Step LF back, close RF next to L, step LF forward  
3 - 4            Step forward right foot, 1/8 turn to the left with rolling hips  
5 - 6            Step forward right foot, 1/8 turn to the left with rolling hips  
7 - 8            Step forward right foot, 1/8 turn to the left with rolling hips

**JAZZ BOX 1/8, SIDE, TOUCH x2**

- 1 - 2            Cross RF over LF with 1/8 turn, LF step backwards
  - 3 - 4            RF step to right, LF cross slightly over RF
  - 5 - 6            step RF to R bending knees, straighten up LF touching fwd
  - 7 - 8            Step LF to L bending knees, straighten up RF touching fwd
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