

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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