

Hard For Me

COPPER KNOB
STEPPERS

拍數: 32 牆數: 2 級數: Advanced
編舞者: Amanda Rizzello (FR) - June 2021
音樂: Hard For Me - Michele Morrone



Note: when the lyrics start on the introduction there is no need to count just follow the lyrics then after the last "Don't you lie" start the dance on the first beat

*Restart: After 7 counts in the second wall make ¼ left as you touch RF next to L then start again the dance (facing 6:00)

LYRICAL INTRODUCTION:

You keep telling me

Bring RH to your lips, bring LH to your lips (keeping elbows up and to the side)

That I am free to go

Keep both hands together and go down with arms to the left side then right

But I am addicted to you

Extend R arm out to L side and slightly roll arms from elbows to wrists to fingers in an outward motion, bring back to neutral

It's a lie ,It's a lie,It's a lie

Raising both hands forward and up as you do a syncopated weave: cross RF over L, Step LF to L side ,cross RF behind L, Step LF to L side, cross RF over L, Step LF to L side as you Bring slowly both arm down alongside each side

When I'm not here,

Stretch R arm fwd , stretch L arm fwd, Bring arms out to either side

You're alone

Turn head to left as you push it with your R hands on the cheek

Can you walk by your own?

Extend L arm out to R side and slightly roll arms from elbows to wrists to fingers in an outward motion, bring back to neutral

Don't you lie Don't you lie Don't you lie

Raising both hands forward and up as you do a syncopated weave: cross LF over R, Step RF to R side ,cross LF behind R, Step RF to R side, cross LF over R, Step RF to R side as you Bring slowly both arm down alongside each side

Dance ----

RF FWD L KNEE LIFT, CROSS, BACK, 1/4 TURN L ,CROSS ,1/4 TURN R X2 ,SWAY X3 ,CROSS, SIDE

1-2& Step RF forward as you lift L knee, Cross LF over R, Step back on RF

3-4& 1/4 Turn L as you step LF to L side, Cross RF over L, 1/4 Turn R as you Step back on LF

5-6& 1/4 Turn R as you step RF to R side and you bring right hand up and over from left to right, Sway L , Sway R

7-8& Sway L*(Restart), Cross RF over L , Step LF to L side

SWEEP, BEHIND, 1/4 TURN R, STEP L SIDE , TOUCH RF BEHIND , FULL TURN R SWEEP LF ,CROSS , BACK, 1/4 TURN L, ROCK RF FWD

1-2& Cross RF behind L as you sweep LF front to back, Cross LF behind R, 1/4 Turn R as you step RF forward

3-4 Step LF to L side , Touch RF behind L (start prepare for the turn)

5-6& Full turn on RF and sweep LF back to front, Cross LF over R, Step back on RF

7-8& 1/4 Turn L as you step LF to L side,Rock RF forward ,Recover on LF

**STEP BACK RF , KICK L R ARM UP,BACK SWEEP X2,STEP BACK DROP WITH ARMS
MOUVEMENTS,ROLLING VINE**

1-2 Step back on RF as you kick LF and reach R arm fwd with palm opened up,Step back on LF as you sweep RF front to back
3-4 Step back on RF as you sweep LF front to back,Step back on LF
5-6 Bent L leg as you keep R leg straight to R side then come up(take both arms up coming from center and Bring slowly both arm down alongside each side)
7-8& 1/4 turn R as you step RF forward,1/2 Turn R stepping LF back,1/4 Turn R stepping RF to R side

CROSS ROCK X2,STEP ½ TURN R ,CIRCLE WALK 1/4 TURN X3

1-2& Cross LF over R , Recover on R,Step LF to L side
3-4& Cross RF over L , Recover on L,Step RF to R side
5-6 Step LF forward ,1/2 turn R stepping on RF
7-8& 1/4 turn R stepping LF forward,1/4 turn R stepping RF forward,1/4 turn R stepping LF forward (this section is in circulary move)

Enjoy :)

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