

# Its Hard For a Woman

**COPPER** KNOB  
STEPSHEETS

拍數: 64      牆數: 2      級數: Intermediate  
編舞者: Penny Kelly (AUS) & Cathy Pugh (AUS) - July 2010  
音樂: Metrosexual Craze - Tracy Killeen : (CD: Drivers Seat)



Dance Starts On Lyrics, 32 Count Intro.

## FWD 45 DEG, FWD 45 DEG,STEP TAP,STEP TAP

1-2            Step R Forward At 45 Deg R, Clap  
&34            Step L Forward At 45 Deg R, Step R Forward At 45 Deg R, Clap  
5-6            Step L Forward At 45 Deg L, Tap R Beside L ,Clap  
7-8            Step R Forward At 45 Deg R, Tap L Beside, Clap

## BACK BACK, BACK, HITCH, BACK BACK, BACK , HITCH

1234            Step Back Left, Right, Left ,Hitch R  
5678            Step Back Right, Left, Right, Hitch L

## 1st Restart

## SIDE TOGETHER, FORWARD, HOLD, SIDE TOGETHER 1/4 TURN, HOLD

1-2            Step L To Side, Step R Beside L  
3-4            Step Forward On L, Hold  
5-6            Step R To R Side, Step L Beside R  
7-8            Turn 1/4 Turn R Step Forward On R ,Hold

## ROCKING CHAIR, PIVOT 1/4 TURN HOLD

1-2            Step L Forward, Rock Back On R  
3-4            Step Back On L, Rock Forward On R  
5678            Step L Forward, Pivot 1/4 Turn R, Cross L Over R, Hold

## HIP, HIP, HIP, HOLD, HIP, HIP, HIP, HOLD

1234            Step R Forward At 45 Deg R Push Hips Forward, Back, Forward, Hold  
5678            Step L Forward At 45 Deg L Push Hips Forward, Back, Forward, Hold

\*\* 2nd Restart

## STEP FWD 45 DEG, HOLD, TWIST HEEL, TOE, HEEL , HOLD

1-2            Step R Forward At 45 Deg R, Hold  
3-4            Twist L Heel Towards R Foot, Hold  
5-6            Twist L Toe Towards R Foot, Twist L Heel Towards R Foot  
7-8            Twist L Toe Towards R Foot, Hold

## STEP TAP, STEP TAP, FREIZE LEFT 1/4 TURN, HOLD

1-2            Step L Forward At 45 Deg L, Tap R Beside, Clap  
3-4            Step R Forward At 45 Deg R, Tap L Beside, Clap  
5-6            Step L To Side. Step R Behind Left  
7-8            Turn 1/4 Turn L, Step Forward On L, Hold

## FORWARD, HOLD, 1/4 TURN PIVOT, HOLD, FORWARD 1/4 PIVOT, FORWARD 1/4 PIVOT

1-2            Step Forward On R, Hold  
3-4            Pivot 1/4 Turn L (Weight On L), Hold  
5-6            Step Forward On R, Pivot 1/4 Turn L (Weight On L)  
7-8            Step Forward On R Pivot 1/4 Turn L (Weight On L)

## 1st RESTART happens on WALL 4 after count 16 ## facing back wall,

Instead of hitching L leg, step it beside R taking weight.

**\*\* 2nd RESTART happens on WALL 7 after count 40 \*\* (hips) .Facing front wall**

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