

# Don't Take It So Hard

拍數: 64      牆數: 4      級數: Improver  
編舞者: Roz Chaplin (UK) - January 2012  
音樂: Don't Take It So Hard - Mark Everett : (CD: Guardians of The Grain)



## 16 Count Intro

### ROCK, RECOVER, COASTER STEP, ROCK RECOVER, SHUFFLE ½ TURN

1-2      Rock forward right, recover onto left  
3&4      Step back on right, close left beside right, step forward on right  
5-6      Rock forward left, recover onto right  
7&8      Shuffle ½ turn left, stepping left, right, left (06.00)

### SKATE X2, FORWARD SHUFFLE, ROCKING CHAIR

1-2      Skate right forward, skate left forward  
3&4      Step right forward, close left beside right, step right forward  
5-6      Rock forward on left, recover onto right  
7-8      Rock back on left, recover onto right

### ROCK, CROSS SHUFFLE, ROCK, CROSS SHUFFLE

1-2      Rock left to left side, recover onto right  
3&4      Cross left over right, step right to right side, cross left over right  
5-6      Rock right to right side, recover onto left  
7&8      Cross right over left, step left to left side, cross right over left

### LEFT TOGETHER, SHUFFLE FORWARD, SIDE TOUCH X2

1-2      Step left to left side, close right beside left (taking weight)  
3&4      Step forward left, close right beside left, step forward left  
5-6      Step right to right side, touch left beside right  
7-8      Step left to left side, touch right beside left

### MONTEREY ¼ TURN, MONTEREY, ¼ TURN

1-2      Point right to right side, ¼ turn right stepping right to right side (09.00)  
3-4      Point left to left side, step left beside right  
5-6      Point right to right side, ¼ turn right stepping right to right side (12.00)  
7-8      Point left to left side, step left beside right (taking weight)

### WALK FORWARD RIGHT, LEFT, STEP LOCK STEP, STEP ¼, CROSS SHUFFLE

1-2      Walk forward right, walk forward left  
3&4      Step forward right, lock left behind right, step forward right  
5-6      Step forward on left ¼ turn right  
7&8      Cross left over right, step right to right side, cross left over right (03.00)

### ROCK, RECOVER, TRIPLE FULL TURN, CROSS, SIDE, BEHIND, SIDE, CROSS

1-2      Rock forward on right, recover onto left  
3&4      Triple step full turn right stepping- right, left, right  
**Easy Option 3&4 : Right Coaster Step**  
5-6      Cross left over right, step right to right side  
7&8      Cross left behind right, step right to right side, cross left over right

### RIGHT, TOGETHER, SHUFFLE FORWARD, LEFT TOGETHER, SHUFFLE FORWARD

1-2      Step right to right side, close left beside right  
3&4      Step forward on right, close left beside right, step forward on right

5-6

Step left to left side, close right beside left

7-8

Step forward on left, close right beside left, step forward on left

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