

# Hard Living

**COPPER KNOB**  
STEPSHEETS

拍數: 32      牆數: 4      級數: Easy Intermediate  
編舞者: Justine Brown (UK) - June 2012  
音樂: Life Keeps Bringin' Me Down - Alan Jackson : (Album:30 Miles West)



**Introduction: 36 count intro, start on vocal**

## **Tap, Tap, Tap, Ball Change, Walk, Walk, Walk, Hitch Turn .**

- 1 - 2      Tap Right Foot Forward, Tap Right Foot to Right Side.
- 3 & 4      Tap Right Foot Back, Step Back on Ball of Right Foot, Step Left Forward.
- 5 - 6      Walk Forward on Right, Walk Forward on Left.
- 7 - 8      Walk Forward on Right, Hitch Left whilst turning ½ Over Left shoulder.

## **Back Rock, Recover, Left Shuffle, Cross, Point, Cross, Point.**

- 1 - 2      Left Rock Back, Recover Forward onto Right.
- 3 - 4      Step Left Forward, Step Right beside Left, Step Left Forward.
- 5 - 6      Cross Right over Left, Point Left to Left Side.
- 7 - 8      Cross Left over Right, Point Right to Right Side.

## **Jazz Box ¼ Turn, Hitch, Step, Hitch ½ Turn, Step, Hitch ½ Turn.**

- 1 - 2      Cross Right over Left, ¼ Turn Right stepping Left Back.
- 3 - 4      Step Right Side, Hitch Left & Clap.
- 5 - 6      Step Back on Left, Turn ½ over Right while Hitching Right & Clap.
- 7 - 8      Step Right Forward, Turn ½ over Right while Hitching Left & Clap.

## **Step, Pivot ¼ Turn, Cross, Hold, ¾ Rolling Turn Left**

- 1 - 2      Step Left Forward, Pivot ¼ Right.
- 3 - 4      Cross Left over Right, Hold
- 5 - 6      ¼ turn Left stepping Right foot back, ½ Turn Left stepping Left foot Forward.
- 7 - 8      Step Right Forward, Step Left Forward.

## **The Restarts:-**

**During Wall 3 – Dance up to count 19 (Jazz box turn) Replace Hitch (Ct20) with a Step Forward then Restart - facing 3:00**

**During Wall 8 – Dance up to count 4 (tap, tap, tap, ball change) then Restart - facing 12:00**

**During Wall 11 – Dance up to count 4 (tap, tap, tap, ball change) then Restart - facing 9:00**

**Each restart falls after a short instrumental break... Trust me... 'You'll Feel it'**

**Just a note: Thanks to The Facebook Community for your dance title ideas.  
And my special friends who bought this brilliant Album for me.**

**Contact: [www.justinebrown.co.uk](http://www.justinebrown.co.uk)**