

# It Ain't Easy

**COPPER KNOB**  
BY STEPHEN BATES

拍數: 32      牆數: 4      級數: Beginner / Improver  
編舞者: Gaye Teather (UK) - March 2014  
音樂: It Ain't Easy - Mike Kelly



**16 count intro – 9 seconds - Dance rotates in CCW direction**

**Walk. Walk. Kick-ball-change. Right Rocking chair**

1 – 2      Walk forward Right. Left  
3&4      Kick Right foot forward. Step Right beside Left. Step Left in place beside Right  
5 – 6      Rock forward on Right. Recover onto Left  
7 – 8      Rock back on Right. Recover onto Left

**Step. Pivot half turn Left. Shuffle forward. Step. Pivot quarter turn Right. Cross shuffle**

1 – 2      Step forward on Right. Pivot half turn Left  
3&4      Step forward on Right. Step Left beside Right. Step forward on Right  
5 – 6      Step forward on Left. Pivot quarter turn Right (Facing 9 o'clock)  
7&8      Cross Left over Right. Step Right to Right side. Cross Left over Right

**Side Right. Toe points across. Side. Across. Chase left. Back rock**

1 – 2      Step Right to Right side. Point Left toe across Right foot  
3 – 4      Point Left toe to Left side. Point Left toe across Right foot  
5&6      Step Left to Left side. Step Right beside Left. Step Left to Left side  
7 – 8      Rock back on Right. Recover onto Left

**Chasse Right. Back rock. Side Left. Touch. Twist. Twist**

1&2      Step Right to Right side. Step Left beside Right. Step Right to Right side  
3 – 4      Rock back on Left. Recover onto Right  
5 – 6      Step Left to Left side. Touch Right toe in front of Left foot  
7 – 8      Twist heels of both feet to Right. Twist heels of both feet back to centre (weight remains on Left)

**Start again**

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