# It's Not Hard

Compte: 64

## Niveau: Phrased High Improver

Chorégraphe: Beatriz Gonzalez Paradell (UK) - April 2021

Musique: Piano - Ariana Grande

#### Intro: 16 count intro

#### Sequence: A-A-A-B-A-A-A-B-B-A-B-B-A

#### PART A

## WALK x 2, LOCK STEP, ROCK, SAILOR STEP 1/2

- 1 2 RF step forward, LF step forward
- 3&4 RF step forward, LF step behind RF, RF step forward
- 5 6 LF rock forward, recover weight on RF
- 7&8 LF cross behind RF, ½ turn with RF stepping to right, LF step forward (06:00)

#### STEP, POINT SIDE x2, ROCK, SHUFFLE ½

- 1 2 RFstep forward slightly crossed over LF, LF point Left
- 3 4 LF step forward slightly crossed over RF, RF point Right
- 5-6 RF rock forward, recover weight on LF
- 7&8 RF stepping <sup>1</sup>/<sub>4</sub> to right, step LF next to RF, RF <sup>1</sup>/<sub>4</sub> turn stepping forward (12:00)

## STEP, PIVOT ½, LOCK STEP, ROCK, BACK, TOUCH, HIP BOUNCE

- 1 2 LF step forward, <sup>1</sup>/<sub>2</sub> turn to right (06:00)
- 3&4 LF step forward, RF step behind LF, LF step forward
- 5 6 RF rock forward, recover weight on LF
- &7&8 RF step backward, LF touch forward, lift L hip up, drop L hip sit on R hip

## BACK, TOUCH, HIP BOUNCE X2, SAILOR STEP ¼, ROCK X2

- &1&2 LF step backward, RF touch forward, lift R hip up, drop R hip sit on L hip
- &3&4 RF step backward, LF touch forward, lift L hip up, drop L hip sit on R hip
- 5&6 LF cross behind RF, ¼ turn with RF stepping to right, LF step forward (03:00)
- 7&8& RF rock forward, recover weight on LF, RF rock backwards, recover weight on LF

#### PART B

## SIDE, BEHIND, & HEEL& TOUCH, STEP, POINT& CLICK, STEP ¼, BACK ½

- 1 2& Step RF to R side, step LF behind R, step RF to R
- 3&4 Touch L heel to L, step LF to L side, touch RF next to L
- 5 6 Step RF to R side, touch LF to L side clicking fingers on count 6
- 7 8 LF ¼ turn left stepping forward, ½ turn left stepping RF back

## SHUFFLE ½, SYMCOPATED ROCKS, STEP x2

- 1&2 LF stepping ¼ to left, step RF next to LF, LF ¼ turn stepping forward
- 3 4& RF rock forward, recover weight on LF, RF step next LF
- 5 6 LF rock forward, recover weight on RF
- 7 8 Step LF back (swivel right toes out), step RF back (swivel left toes out)

## Swivels are optional

## COASTER STEP, PADDLE 1/8 x3

- 1&2 Step LF back, close RF next to L, step LF forward
- 3 4 Step forward right foot, 1/8 turn to the left with rolling hips
- 5 6 Step forward right foot, 1/8 turn to the left with rolling hips
- 7 8 Step forward right foot, 1/8 turn to the left with rolling hips





**Mur**: 4

# JAZZ BOX 1/8, SIDE, TOUCH x2

- 1 2 Cross RF over LF with 1/8 turn, LF step backwards
- 3 4 RF step to right, LF cross slightly over RF
- 5 6 step RF to R bending knees, straighten up LF touching fwd
- 7 8 Step LF to L bending knees, straighten up RF touching fwd