

Hard Living

Compte: 32

Mur: 4

Niveau: Easy Intermediate



Chorégraphe: Justine Brown (UK) - June 2012

Musique: 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