拍数： 96
壇数： 2
级数：Intermediate／Advanced waltz style
编舞者：Rachael McEnaney（USA）－August 2019
音乐：I Can Do Hard Things（Full Length Version）－Jennifer Nettles ：（iTunes）

## Count In：Dance begins 24 counts from when the beat kicks in．Begin dancing at approx．30sec Notes： 1 Restart－3rd wall，restart after 18 counts facing the back（7．30）． <br> I would like to give a special thank you to my dear friends Gary O＇Reilly \＆Gary Lafferty for suggesting this music，they both sent it at different times \＆I am very grateful to them both．

［1－12］Facing 1．30：L fwd，hold with drag，$R$ back，hold with drag，$L$ fwd， $1 / 2$ turn $L, R$ coaster step

123 | Dance begins facing 1．30．Step forward $L$［1］，Hold as you drag $R$ towards $L$（weight remains |
| :--- |
| L）$[2,3] 1.30$ |

456 Step back R［4］，Hold as you drag L towards R（weight remains R）［5，6］ 1.30
123 Step forward $L$［1］，Make $1 / 2$ turn left on ball of $L$ as you drag $R$ towards $L$（weight remains $L$ ） ［2，3］ 7.30
456 Step back R［4］，Step L next to R［5］，Step forward R［6］ 7.30
［13－24］L fwd，R point，R back，L point，L fwd， $1 / 2$ turn $L$ back $R, L$ back，$R$ back， $1 / 2$ turn $L, R$ fwd
123456 Step forward L［1］，Point R to right side［2］，Hold［3］，Step back R［4］，point $L$ to left side［5］， Hold［6］ 7.30
RESTART Restart the dance here during the 3rd wall．3rd wall begins facing 12．00，you will restart facing 6.00

| 123 | Step forward L［1］，Make $1 / 2$ turn left stepping back R［2］，Step back L［3］ 1.30 |
| :--- | :--- |
| 456 | Step back R［4］，make $1 / 2$ turn left stepping forward L［5］，step forward R［6］ 7.30 |

［25－36］L fwd sweeping R with 1／8 turn L，R cross，L side，Hold，R close with 1／8 turn L，L back，R hook，R fwd，L fwd，1／2 pivot R

| 123 | Step forward $L$ as you sweep R making $1 / 8$ turn left［1］，Hold（continue sweep）［2］，Cross R <br> over L［3］6．00 |
| :--- | :--- |
| 456 | Step L to left side［4］，Hold as you drag R towards L［5］，Make 1／8 turn left as you step R next <br> to L［6］4．30 |
| 123 | Step back L［1］，Hold as you drag R towards L［2］，Hook R in front of L shin［3］4．30 <br> 456$\quad$Step forward R［4］，Step forward L［5］，Pivot 1／2 turn right（weight ends R）［6］10．30 |

［37－48］L fwd，full spiral turn $R, R$ twinkle with $1 / 8$ turn $R, L$ cross rock，hold，recover $R, 1 / 4$ turn $L, 1 / 2$ turn $L$ back R
123 Step forward L［1］，Make full spiral turn right（weight remains L）［2，3］ 10.30
456 Step forward R［4］，Make 1／8 turn right（squaring up to 12．00）stepping L to left side［5］，Step R to right diagonal［6］ 12.00
123456 Cross rock L over R［1］，Hold［2，3］，Recover weight R［4］，1／4 turn left stepping forward L［5］， $1 / 2$ turn left stepping back $R$［6］ 3.00
［49－60］ $1 / 4$ turn $L$ stepping L side，Hold，$R$ side，Hold，L twinkle，R twinkle with $\mathbf{1 / 4}$ turn R
123456 Make $1 / 4$ turn stepping $L$ to left side［1］，Hold as you drag $R$［2，3］，Step $R$ to right side［4］ Hold as you drag L［5，6］ 12.00
123 Cross L over R to diagonal［1］，Step R to right side［2］，Step L to leU diagonal［3］ 12.00
456 Cross R over $L$ to diagonal［4］，Step $L$ to left side［5］，Make 1／4 turn right stepping forward $R$ ［6］ 3.00
［61－72］L fwd，R hitch，Hold，R fwd，L hitch，Hold，L cross，1／2 Monterey turn R（R point，Hold，1／2 turn close R，L point，Hold）
123456 Step L forward \＆slightly across R［1］，Hitch R［2］，Hold［3］，Step R forward \＆slightly across L ［4］，Hitch L［5］，Hold［6］ 3.00
[73-84] To 10.30: L fwd, $R$ side, $L$ close, $R$ fwd, $L$ side, $R$ close, $L$ fwd, $R$ slow kick, $R$ back, 1/8 turn $L$ side, 1/8 turn $L$ stepping $R$ fwd
123
Traveling towards 10.30: Step forward L [1], Make $1 / 8$ turn left stepping $R$ to right side [2], Step L next to R [3] 10.30
$456 \quad$ Make 1/8 turn right stepping forward $R$ [4], Make 1/8 turn right stepping $L$ to left side [5], Step R next to L [6]
(During the above 6 counts keep head looking towards 10.30 as that is the way you are traveling). 10.30
123 Make 1/8 turn left stepping forward L [1], Slowly kick R leg forward lifting from knee first [2], continue kick forward [3] 10.30
456 Step back R [4], Make 1/8 turn left stepping $L$ to left side [5], Make 1/8 turn left stepping forward R [6] 7.30
[85-96] Diamond Fallaway turning L: Lfwd, $R$ side, $L$ back, $R$ back, $L$ side, $R$ fwd, $L$ fwd, $R$ side, $L$ back, $R$ back, L side, R fwd
123 Step L forward [1], Make 1/8 turn left stepping $R$ to right side [2], Make 1/8 turn left stepping back L [3] 4.30
456 Step R back [4], Make 1/8 turn left stepping $L$ to left side [5], Make 1/8 turn left stepping forward R [6] 1.30
123 Step L forward [1], Make 1/8 turn left stepping $R$ to right side [2], Make 1/8 turn left stepping back L [3] 10.30
456 Step R back [4], Make 1/8 turn left stepping $L$ to left side [5], Make 1/8 turn left stepping forward R [6] 7.30

START AGAIN - HAVE FUN

