

# So Hard

**COPPER** **NOB**  
BY STEPHEN

拍數: 64      牆數: 2      級數: Intermediate  
編舞者: Rafel Corbí (ES) - September 2015  
音樂: Don't Be So Hard On Yourself - Jess Glynne : (2015 Single Release)



Intro: 32 counts

## S1: FORWARD, TOUCH, KICK, BALL, CROSS, ROCK, RECOVER, CROSSING SHUFFLE

1-2            Step Forward with Right, touch Left toe beside Right  
3&4           Kick in left diagonal with Left, step Left beside Right, cross Right over Left  
5-6           Rock Left to left side, recover onto Right  
7&8           Cross Left over Right, small step Right to right, cross Left over Right

## S2: AND CROSS, HOLD, CROSSING SHUFFLE, ROCK, RECOVER, 3/4 SHUFFLE TURN RIGHT

&1-2           Small step Right to right, cross Left over Right, hold  
&3&4           Small step Right to right, cross Left over Right, small step Right to right, cross Left over Right  
5-6           Rock forward on Right, recover onto Left  
7&8           Shuffle 3/4 turn right stepping Right-Left-Right 9:00

## S3: SIDE, HOLD, BESIDE, TURN, SCUFF, FORWARD, PIVOT TURN, TOUCH, OUT OUT, CLAP

1-2            Step Left to left side, hold  
&3-4           Step Right beside Left, 1/4 turn Left and step Left forward, scuff Right beside Left  
5-6            Step Right forward, 1/2 turn Left and touch Left toe beside Right 12:00  
&7-8           Small step Left out to left side, small step out Right to right side, clap

## S4: RIGHT HEEL & TOE, LEFT HEEL & TOE, ROCK, RECOVER, SHUFFLE BACK

1&2            Touch right heel forward, step right next to left, touch left toe beside right  
3&4            Touch left heel forward, step left next to right, touch right toe beside left  
5-6            Rock forward on right, Recover onto left  
7&8            Step back on right, step left beside right, step back on right

## S5: BACK, HOLD, HIP BUMPS, KICK BALL TURN, BOUNCE RIGHT HEEL

1-2            Open body in left diagonal and step Left back, hold  
3&4            Bump hips Left-Right-Left  
5&6            Recovering center kick Right forward, step right beside Left, 1/4 turn Right and step left to left  
3:00  
7-8            With weight on Left foot, bounce Right heel two counts

## S6: BESIDE, ROCK & RECOVER, RIGHT SIDE SHUFFLE, CROSS, SIDE, 1/4 TURN SAILOR STEP

&1-2           Right beside Left, rock Left over Right, recover on Right  
3&4            Step Left to side, Right beside Left, step Left to left side  
5-6            Cross Right over Left, step Left to side  
7&8            1/4 turn right and step Right back, step Left in place, step Right forward 6:00

## S7: FORWARD, LOCK, ROCK RECOVER CROSS, FORWARD, LOCK, ROCK RECOVER CROSS

1-2            Step Left slightly forward in left diagonal , lock Right behind Left  
3&4            Rock Left to side, recover on Right, cross Left in front of Right  
5-6            Step Right slightly forward in right diagonal, lock Left behind Right  
7&8            Rock Right to side, recover on Left, cross Right in front of Left

## S8: ROCK, RECOVER, COASTER STEP, ROCK, RECOVER, FULL TURN RIGHT (OR ROCK BACK RECOVER)

1-2            Rock Left to side, recover on Right

3&4 Step Left back, step Right back, step Left forward  
5-6 Rock forward with Right, recover on Left (starting turning right) 6:00  
7-8 Full turn right and step Right in front of Left, step Left forward

**Start again :-)**

**Last Update – 2nd Oct 2015**

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