

# Hard Out Here

**COPPERKNOB**  
BY STEPHENETS

拍數: 32      牆數: 2  
編舞者: Beate Keller (DE) - April 2014  
音樂: Hard out Here - Lily Allen

級數: Easy Intermediate - Cha Cha



**Start: 16 counts intro**

**(1-9) STEP SIDE R, TOUCH, KICK FWD, COASTER STEP, TOE STRUT, LOCK STEP FWD**

- 1            RF step side right
- 2            LF touch beside RF
- 3            LF kick fwd
- 4 & 5        LF step back, RF close together, LF step fwd
- 6            RF touch toe fwd and push right hip up
- 7            RF drop heel to floor
- 8 & 1        LF step fwd, RF lock behind LF, LF step fwd

**(10-17) ROCK STEP, RECOVER, CHASSE BACK, WALK BACK, HOOK, CROSS ¼ TURN L**

- 2            RF rock step
- 3            LF recover
- 4 & 5        RF step back, LF step next to RF, RF step back
- 6            LF walk back
- 7            RF hook across left shin
- 8 & 1        RF cross over LF and ½ turn left, LF recover, RF ¼ turn left and step side right (3:00)

**(18-25) TOGETHER, STEP FWD, KICK BALL TOUCH, STEP ½ TURN L, RECOVER, LOCK STEP FWD**

- 2            LF close together
- 3            RF step fwd
- 4 & 5        LF kick fwd, LF step beside RF, RF touch fwd
- 6            RF step fwd and ½ turn left (9:00)
- 7            LF recover
- 8 & 1        RF step fwd, LF lock behind RF, RF step fwd

**(26-32) HOLD, LOCK BEHIND, STEP FWD, HOLD, STEP ½ TURN R, RECOVER, STEP SIDE L ¼ TURN R, ROCK BEHIND, RECOVER**

- 2            hold
- & 3        LF lock behind RF, RF step fwd
- 4            hold
- 5            LF step fwd and ½ turn right
- 6            RF recover
- 7            LF ¼ turn right and step side left (6:00)
- 8 &        RF rock behind LF, LF recover

**Start again**

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