

Life Hits Hard

Choreographer : Véronique DAILLY & Marianne Langagne

Type of dance : 4 Wall

Level : Easy Improver

Counts : 36

Intro : 16 counts, or 8 counts from the drums

Music : Life Hits Hard When The Papers Came Down – by CowboyRich Music



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S1 WALK (R – L) , SHUFFLE FWD, ROCK STEP , BACK (L - R).

1 – 2 RF Fwd, LF Fwd
3 & 4 RF Fwd, Together, RF Fwd
5 – 6 LF Fwd, Recover on RF
7 – 8 LF Back, RF Back

S2 BACK ROCK, SHUFFLE FWD, STEP ¼ TURN L, STEP ¼ TURN L.

1 – 2 LF Back, Recover on RF
3 – 4 LF Fwd, Together, LF Fwd
5 – 6 RF Fwd, ¼ Turn L (9 :00)
7 – 8 RF Fwd, ¼ Turn L (6 :00)

S3 STEP, L POINT (TO L- FWD- TO L) , STEP , TOUCH, KICK BALL CROSS

1 RF Fwd
2 - 3 - 4 Touch L Point to the L, Touch L Point Fwd, Touch L Point to the L
5 – 6 LF Fwd, Touch RF next to LF
7 & 8 Kick RF, Together, Cross LF over RF

S4 SIDE ROCK, CROSS SHUFFLE, SIDE , ¼ TURN R SIDE , SHUFFLE FWD

1 – 2 RF to the R, Recover on LF
3 & 4 Cross RF over LF, LF to the L, Cross RF over LF
5 – 6 LF to the L, ¼ Turn R – RF to the R (Weight on RF) 9:00
7 & 8 LF Fwd, Together, LF Fwd

- Here Restart 6th Wall – Facing 6:00

S5 ROCKING CHAIR

1 - 2 RF Fwd, Recover on LF
3 – 4 RF Back, Recover on LF

START AGAIN

Final :

The dance ends at the "Kick Ball Cross" at 9:00. Continue with ¼ Turn - RF Fwd.

Contacts :

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