

# Don't Be

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**Count:** 64

**Wall:** 2

**Level:** Intermediate

**Choreographer:** Vikki Morris - Sept 2015

**Music:** Don't Be So Hard On Yourself - Jess Glynne (3.31)

**Start: 32 counts on the word "go" 17 seconds**

**S1: Out Right, Out Left, Back Right, Step Left & Cross Bounce x3, Hitch Right**

- 1 2 Step forward and out Right, Step forward and out Left
- 3 4 Step back Right, Step Left next to Right
- &5 Step slightly back Right, Cross Left over Right
- 6 7 Bounce both heels twice as you turn  $\frac{1}{2}$  turn Right over two counts (6 o'clock)
- 8 Bounce Left heel as you hitch Right to Right diagonal at same time

**S2: Right Behind Left Side, Right Cross Shuffle, Step Left Touch Right, Lunge Right  $\frac{1}{4}$  Turn Right, Step Left**

- 1 2 Step Right behind Left, Step Left to Left side
- 3&4 Cross Right over Left, Step Left to Left side, Cross Right over Left
- 5 6 Step Left to Left side, Touch Right
- 7 8 Turn  $\frac{1}{4}$  turn Right taking large step forward Right dragging Left up to Right, Step Left next to Right (9 o'clock)

**S3: Kick Right & Point Left & Point Right,  $\frac{1}{4}$  Turn Right Sweep Left, Cross Left, Right Side, Left Behind Right Side, Left Forward**

- 1&2& Kick Right forward, Step Right next to Left, Point Left to Left side, Step Left next to Right
- 3&4 Point Right to Right side, Turn  $\frac{1}{4}$  turn Right, Sweep Left Out and around (12 o'clock)
- 5 6 Cross Left over Right, Step Right to Right Side
- 7&8 Cross Left behind Right, Step Right to Right side, Step forward Left

**S4: Right Rock Recover Left, Reverse Full Turn Right, Shuffle  $\frac{1}{2}$  Turn Right, Step Forward Left, HOLD**

- 1 2 Rock forward Right, Recover on Left
- 3 4 Turn  $\frac{1}{2}$  turn Right stepping forward Right, Turn  $\frac{1}{2}$  turn Right stepping back Left

**5&6** Turn  $\frac{1}{4}$  turn Right stepping Right to Right side, Step Left next to Right, Turn  $\frac{1}{4}$  turn Right stepping forward Right (6 o clock)

**7 8** Step forward Left, HOLD

**\*\*\*RESTART HERE WALL 1\*\*\***

**S5: Right Ball Step, Right Rock Recover Left,  $\frac{1}{4}$  Turn Right, Cross Left, Right Side, Left Behind & Cross Left**

**& 1** Step Right next to Left, Step Left forward

**2 3** Rock forward Right, Recover on Left

**4** Turn  $\frac{1}{4}$  turn Right (9 o clock)

**5 6** Cross Left over Right, Step Right to Right side

**7&8** Cross Left Behind Right, Step Right to Right side, Cross Left over Right

**S6: Right Side Rock Recover Left,  $\frac{1}{2}$  Turn Right Sailor, Walk Left  $\frac{1}{8}$  Turn Right, Walk Right  $\frac{1}{8}$  Turn Right, Shuffle  $\frac{1}{4}$  Right**

**1 2** Rock Right to Right side, Recover on Left

**3&4** Cross Right behind Left, Turn  $\frac{1}{2}$  turn Right stepping Left to Left Side, Step Right to Right side (3 o clock)

**5 6** Walk Left  $\frac{1}{8}$  turn Right, Walk Right  $\frac{1}{8}$  turn Right (6 o clock)

**7&8** Step forward Left  $\frac{1}{8}$  turn Right, Step Right next to Left, Step forward Left  $\frac{1}{8}$  turn Right (9 o clock)

**S7: Right Side, Left Side, Back Right, Left Sailor, Right Sailor, Touch  $\frac{1}{2}$  Turn Left**

**&1 2** Step Right to Right side, Step Left to Left side, Step back Right

**3&4** Cross Left behind Right, Step Right to Right side, Step Left to Left Side (travelling backwards)

**5&6** Cross Right behind Left, Step Left to Left side, Step Right to Right side (travelling backwards)

**7 8** Touch Left toe back, Turn  $\frac{1}{2}$  turn Left (3 o clock)

**S8: Right Rock Recover Left & Left Rock Recover Right & Step  $\frac{1}{2}$  Pivot Left, Step  $\frac{1}{4}$  Pivot Left**

**1 2&** Rock Right forward, Recover on Left, Step Right next to Left

**3&4&** Rock Left forward, Recover on Right, Step Left next to Right

**5 6** Step forward Right, Pivot  $\frac{1}{2}$  turn Left (9 o'clock)

**7 8** Step forward Right, Pivot  $\frac{1}{4}$  turn Left (6 o'clock)

**Start again & Smile**

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