

# Hard Days

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**Count:** 32                      **Wall:** 4                      **Level:** Beginner

**Choreographer:** Sophie Ruhling (France) February 2019

**Music:** Hard Days by Nashville Cast feat. Chris Carmack - 140 bpm

## #16 count intro - CCW - 1 TAG

Dance specially choreographed for the USA Normandy Festival of Louviers on 29-30 June 2019 (dance identical to Saturday Night choreographed by Sophie Ruhling in June 2017 but with different tags)

### SECT.1 : TRIPLE STEP TO R SIDE, ROCK STEP L BACK, TRIPLE STEP TO L SIDE, ROCK STEP R BACK

1&2step R to R side, step L beside R, step R to R side

3-4rock step L back, recover on R

5&6step L to L side, step R beside L, step L to L side

7-8rock step R back, recover on L

### SECT.2 : KICK BALL CROSS (X2), 1/4 TURN L BACK R, 1/4 TURN L WALK L, STEP 1/2 TURN L

1&2kick R fwd, step R ball in place, cross L over R

3&4kick R fwd, step R ball in place, cross L over R

5-61/4 turn L back R, 1/4 turn L walk L (6.00)

7-8walk R, 1/2 turn L (weight on L) (12.00)

### SECT.3 : TOE STRUT R FWD, TOE STRUT L FWD, JAZZ BOX R WITH 1/4 TURN R

1-2step R toe fwd, drop R heel

3-4step L toe fwd, drop L heel

5-6cross R over L, back L

**7-8 1/4 turn R walk R, walk L (3.00)**

**SECT.4 : TRIPLE STEP R FWD, STEP 1/2 TURN R, STOMP L, STOMP R, SWIVETS**

**1&2 walk R, walk L beside R, walk R**

**3-4 walk L, 1/2 turn R (weight on R) (9.00)**

**5-6 stomp L to L side, stomp R to R side**

**7-8 swivel L toe to L side and R heel to R side, both feet back in place (weight on L)**

**\*TAG here end of wall 10 (6.00): 20 counts: repeat sect.4 X2 + hold 4 counts with snap**

**Association Loi 1901 (N° W953006406)**

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