

# Hard Out Here

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**Count:** 32

**Wall:** 2

**Level:** Easy Intermediate - Cha Cha

**Choreographer:** Beate Keller (GER), April 2014

**Music:** Hard Out Here by Lily Allen

**Start: 16 counts intro**

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

**1RF step side right**

**2LF touch beside RF**

**3LF kick fwd**

**4 & 5LF step back, RF close together, LF step fwd**

**6RF touch toe fwd and push right hip up**

**7RF drop heel to floor**

**8 & 1LF step fwd, RF lock behind LF, LF step fwd**

**(10-17) ROCK STEP, RECOVER, CHASSE BACK, WALK BACK, HOOK, CROSS  $\frac{3}{4}$  TURN L**

**2RF rock step**

**3LF recover**

**4 & 5RF step back, LF step next to RF, RF step back**

**6LF walk back**

**7RF hook across left shin**

**8 & 1RF cross over LF and  $\frac{1}{2}$  turn left, LF recover, RF  $\frac{1}{4}$  turn left and step side right (3:00)**

**(18-25) TOGETHER, STEP FWD, KICK BALL TOUCH, STEP  $\frac{1}{2}$  TURN L, RECOVER, LOCK STEP FWD**

**2LF close together**

**3RF step fwd**

**4 & 5LF kick fwd, LF step beside RF, RF touch fwd**

**6RF step fwd and ½ turn left (9:00)**

**7LF recover**

**8 & 1RF 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**

**2hold**

**& 3LF lock behind RF, RF step fwd**

**4hold**

**5LF step fwd and ½ turn right**

**6RF recover**

**7LF ¼ turn right and step side left (6:00)**

**8 & RF rock behind LF, LF recover**

**Start again**

**Choreographed by: Beate Keller - Germany, email: beate.keller1@gmx.de**