

# Its Hard For a Woman

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**Count:** 64      **Wall:** 2      **Level:** Intermediate

**Choreographer:** Penny Kelly and Cathy Pugh (July 2010)

**Music:** Metrosexual Craze By Tracy Killeen. CD: Drivers Seat

**Dance Starts On Lyrics, 32 Count Intro.**

**FWD 45 DEG, FWD 45 DEG,STEP TAP,STEP TAP**

- 1-2      Step R Forward At 45 Deg R, Clap
- &34      Step L Forward At 45 Deg R, Step R Forward At 45 Deg R, Clap
- 5-6      Step L Forward At 45 Deg L, Tap R Beside L ,Clap
- 7-8      Step R Forward At 45 Deg R, Tap L Beside, Clap

**BACK BACK, BACK, HITCH, BACK BACK, BACK , HITCH**

- 1234      Step Back Left, Right, Left ,Hitch R
- 5678      Step Back Right, Left, Right, Hitch L

**## 1st Restart**

**SIDE TOGETHER, FORWARD, HOLD, SIDE TOGETHER 1/4 TURN, HOLD**

- 1-2      Step L To Side, Step R Beside L
- 3-4      Step Forward On L, Hold
- 5-6      Step R To R Side, Step L Beside R
- 7-8      Turn 1/4 Turn R Step Forward On R ,Hold

**ROCKING CHAIR, PIVOT 1/4 TURN HOLD**

- 1-2      Step L Forward, Rock Back On R
- 3-4      Step Back On L, Rock Forward On R
- 5678      Step L Forward, Pivot 1/4 Turn R, Cross L Over R, Hold

**HIP, HIP, HIP, HOLD, HIP, HIP, HIP, HOLD**

- 1234      Step R Forward At 45 Deg R Push Hips Forward, Back, Forward, Hold
- 5678      Step L Forward At 45 Deg L Push Hips Forward, Back, Forward, Hold

**\*\* 2nd Restart**

### **STEP FWD 45 DEG,HOLD,TWIST HEEL,TOE, HEEL ,HOLD**

- 1-2 Step R Forward At 45 Deg R, Hold
- 3-4 Twist L Heel Towards R Foot, Hold
- 5-6 Twist L Toe Towards R Foot, Twist L Heel Towards R Foot
- 7-8 Twist L Toe Towards R Foot, Hold

### **STEP TAP,STEP TAP,FREIZE LEFT 1/4 TURN,HOLD**

- 1-2 Step L Forward At 45 Deg L, Tap R Beside, Clap
- 3-4 Step R Forward At 45 Deg R, Tap L Beside, Clap
- 5-6 Step L To Side. Step R Behind Left
- 7-8 Turn 1/4 Turn L, Step Forward On L, Hold

### **FORWARD,HOLD,1/4TURN PIVOT,HOLD,FORWARD1/4 PIVOT,FORWARD1/4 PIVOT**

- 1-2 Step Forward On R, Hold
- 3-4 Pivot 1/4 Turn L (Weight On L),Hold
- 5-6 Step Forward On R, Pivot 1/4 Turn L (Weight On L)
- 7-8 Step Forward On R Pivot 1/4 Turn L (Weight On L)

**## 1st RESTART happens on WALL 4 after count 16 ## facing back wall,**

**Instead of hitching L leg, step it beside R taking weight.**

**\*\* 2nd RESTART happens on WALL 7 after count 40 \*\* (hips) .Facing front wall**