

## It Ain't Easy

32 Count, 4 Wall, Improver

Choreographer: Gaye Teather (UK) March 2014

Choreographed to: It Ain't Easy by Mike Kelly (125 bpm)

---

16 count intro – 9 seconds - Dance rotates in CCW direction

**Walk. Walk. Kick-ball-change. Right Rocking chair**

- 1 – 2 Walk forward Right. Left
- 3&4 Kick Right foot forward. Step Right beside Left. Step Left in place beside Right
- 5 – 6 Rock forward on Right. Recover onto Left
- 7 – 8 Rock back on Right. Recover onto Left

**Step. Pivot 1/2 turn Left. Shuffle forward. Step. Pivot 1/4 turn Right. Cross shuffle**

- 1 – 2 Step forward on Right. Pivot 1/2 turn Left
- 3&4 Step forward on Right. Step Left beside Right. Step forward on Right
- 5 – 6 Step forward on Left. Pivot 1/4 turn Right (Facing 9 o'clock)
- 7&8 Cross Left over Right. Step Right to Right side. Cross Left over Right

**Side Right. Toe points across. Side. Across. Chasse left. Back rock**

- 1 – 2 Step Right to Right side. Point Left toe across Right foot
- 3 – 4 Point Left toe to Left side. Point Left toe across Right foot
- 5&6 Step Left to Left side. Step Right beside Left. Step Left to Left side
- 7 – 8 Rock back on Right. Recover onto Left

**Chasse Right. Back rock. Side Left. Touch. Twist. Twist**

- 1&2 Step Right to Right side. Step Left beside Right. Step Right to Right side
- 3 – 4 Rock back on Left. Recover onto Right
- 5 – 6 Step Left to Left side. Touch Right toe in front of Left foot
- 7 – 8 Twist heels of both feet to Right. Twist heels of both feet back to centre (weight remains on Left)