

It's Hard For A Woman

64 Count, 2 Wall, Intermediate

Choreographer: Penny Kelly and Cathy Pugh
(July 2010)Choreographed to: Metrosexual Craze
by Tracy Killeen. CD: Drivers Seat

Dance Starts On Lyrics, 32 Count Intro.

1 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

2 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**3 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

4 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

5 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****6 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

7 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

8 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