



Lovin Ain't Easy

32 Count, 4 Wall, Intermediate level

Choreographer: Kathy Brown (USA) Nov 05

Choreographed To: Stand A Little Rain by Nitty Gritty
Dirt Band (120 bpm); Dreamin Of You by Celine Dion
(83 bpm)

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Intro: Stand a little rain - 16cts main vocals
Dreamin of you - 32 main vocals

Side Rock Step, Side Behind 1/4 Turn, Repeat 1-4

- 1-2& Step right (large) to side, rock left behind right, return right
- 3-4& Step left to side, step right behind left, step left to side 1/4 turn left
- 5-6& Step right (large) to side, rock left behind right, return right
- 7-8& Step left to side, step right behind left, step left to side 1/4 turn left

Side Rock Step, Side Rock Step, Left 1/2 Turn, Rock Step, Paddle 3/4 Right

- 1-2& Step right (large) to side, rock left behind right, return right
- 3-4& Step left (large) to side, rock right behind left, return left
- 5-6& Turning 1/2 left step right back, rock back left, return right
- 7&8& Turn 1/4 right left ball step to side, return right, turn 1/4 right left ball step to side, turn 1/4 right stepping forward right

Cross Rock & Cross Rock, Cross Unwind 3/4 Right, Sailor 1/4 Left, & Step

- 1-2& Rock left over right, return right, step left next to right
- 3-4& Rock right over left, return left, step right next to left
- 5-6 Cross ball of left over right, unwind 3/4 turn right (weight to left)
- 7&8& Step right behind left, step left to side turning 1/4 left, step right to side, step left next to right

Side Rock Step, Right 1/4 Turn Back Rock, Left 1/2 Pivot, Lift Right Knee Turning 1/4 Left, Large Step To Right, Hold, Step Left Next To Right

- 1-2& Step right to side, rock left behind right, return right
- 3-4& Turning 1/4 right step back left, rock right back, return left
- 5-6& Step right forward, pivot 1/2 left (weight to left) lift right knee turning 1/4 left
- 7&8& Cross rock right over left, return left, step right to side, cross left over right
(EASY ALTERNATE ENDING)
- 7-8& Step right to side, hold, step left next to right

START OVER

Other suggested music:

One Heart One Love - Midnight Groove, The Art of true jazz (82bpm)

Let it flow - Toni Braxton, Waiting to Exhale Soundtrack (84bpm)

Soul Provider - Michael Bolton, Michael Bolton Greatest Hits (83bpm)