

## Hard On Yourself

32 Count, 4 Wall, Beginner

Choreographer: Alexis Strong (UK) March 2016

Choreographed to: Don't Be So Hard On Yourself  
by Jess Glynne

---

### Start On Vocals

**[1-8] Chasse Right, Left Rock Back Recover, Left Side, Right Behind, Left Kick Ball Cross.**

1&2 Step R To R (1) Step L To R (&) Step R To R (2)

3-4 Rock Back On L (3) Recover Fwd On R (4)

5-6 Step L To L (5) Cross R Behind L (6)

7&8 Kick L Diagonal Fwd (7) Step L Down (&) Cross R Over L (8)

**[9-16] Step Left, Dip Down, Touch Right, Step Right, Dip Down, Touch Left, Left Rumba Box Forward Shuffle.**

1-2 Step To L And Dip Down (1) Touch R To R (2)

3-4 Step To R And Dip Down (3) Touch L To L (4)

5-6 Step L To L (5) Step R To L (6)

7&8 Step L Fwd (7) Step R To L (&) Step L Fwd (8)

**[17-24] Step Forward Right, Kick Left Forward, Step Back Left, Touch Right Toe Back, 1/2 Turn Left Walk Right, Walk Left, Right Shuffle.**

1-2 Step Fwd On R (1) Kick L Fwd (2)

3-4 Step Back On L (3) Touch R Toe Behind (4)

5-6 Walking Round To L 1/2 Turn, Walk R (5) Walk L (6)

7&8 Step R Fwd (7) Step L To R (&) Step R Fwd (8) FACING 6.00

**[25-32] 1/4 Turn Left, Walk Left, Walk Right, Left Shuffle, Stomp Right, Stomp Left, Twist Right Heel In, Step On Right, Twist Left Heel In, Step On Left.**

1-2 Walking Round To L 1/4 Turn, Walk L (1) Walk R (2)

3&4 Step Fwd L (3) Step R To L (&) Step L Fwd (4)

5-6 Stomp R (5) Stomp L (6)

&7&8 Twist R Heel In (&) Step On R (7) Twist L Heel In (&) Step On L (8) FACING 3.00

**Dance ends facing 12.00**

**(Alternative Track- Dancing On A Saturday Night By Barry Blue)**

**When Using this track add Tag end of walls 3 and 6**

**Tag- Step Right Side, Touch Left, Step Left Side, Touch Right**

1-2 Step R to R (1) Touch L To R (2)

3-4 Step L To L (3) Touch R To L (4)

**Enjoy!!**