



I Can Do Hard Things

96 Count, 2 Wall, Intermediate/Advanced

Choreographer: Rachael McEnaney-White (US) Aug 2019

Choreographed to: I Can Do Hard Things by Jennifer Nettles

Dance begins 24 counts from when the beat kicks in. Begin dancing at approx 0.30mins

- S1** **Facing 1.30: L Fwd, Hold with Drag, R Back, Hold with Drag, L Fwd, ½ Turn L, R Coaster Step**
1 2 3 Dance begins facing 1.30. Step forward L [1], Hold as you drag R towards L (weight remains L) [2,3] 1.30
4 5 6 Step back R [4], Hold as you drag L towards R (weight remains R) [5,6] 1.30
1 2 3 Step forward L [1], Make ½ turn left on ball of L as you drag R towards L (weight remains L) [2,3] 7.30
4 5 6 Step back R [4], Step L next to R [5], Step forward R [6] 7.30
- S2** **L Fwd, R Point, R Back, L Point, L Fwd, ½ Turn L Back R, L Back, R Back, ½ Turn L, R Fwd**
123 456 Step forward L [1], Point R to right side [2], Hold [3], Step back R [4], point L to left side [5], Hold [6] 7.30
- RESTART** **Restart the dance here during the 3rd wall. 3rd wall begins facing 12.00, you will restart facing 6.00**
1 2 3 Step forward L [1], Make ½ turn left stepping back R [2], Step back L [3] 1.30
4 5 6 Step back R [4], make ½ turn left stepping forward L [5], step forward R [6] 7.30
- S3** **L Fwd Sweeping R with 1/8 Turn L, R Cross, L Side, Hold, R Close with 1/8 Turn L, L Back, R Hook, R Fwd, L Fwd, ½ Pivot R**
1 2 3 Step forward L as you sweep R making 1/8 turn left [1], Hold (continue sweep) [2], Cross R over L [3] 6.00
4 5 6 Step L to left side [4], Hold as you drag R towards L [5], Make 1/8 turn left as you step R next to L [6] 4.30
1 2 3 Step back L [1], Hold as you drag R towards L [2], Hook R in front of L shin [3] 4.30
4 5 6 Step forward R [4], Step forward L [5], Pivot ½ turn right (weight ends R) [6] 10.30
- S4** **L Fwd, Full Spiral Turn R, R Twinkle with 1/8 Turn R, L Cross Rock, Hold, Recover R, ¼ Turn L, ½ Turn L Back R**
1 2 3 Step forward L [1], Make full spiral turn right (weight remains L) [2,3] 10.30
4 5 6 Step forward R [4], Make 1/8 turn right (squaring up to 12.00) stepping L to left side [5], Step R to right diagonal [6] 12.00
123 456 Cross rock L over R [1], Hold [2,3], Recover weight R [4], ¼ turn left stepping forward L [5], ½ turn left stepping back R [6] 3.00
- S5** **¼ Turn L Stepping L Side, Hold, R Side, Hold, L Twinkle, R Twinkle with ¼ Turn R**
123 456 Make ¼ turn stepping L to left side [1], Hold as you drag R [2,3], Step R to right side [4] Hold as you drag L [5,6] 12.00
1 2 3 Cross L over R to diagonal [1], Step R to right side [2], Step L to left diagonal [3] 12.00
4 5 6 Cross R over L to diagonal [4], Step L to left side [5], Make ¼ turn right stepping forward R [6] 3.00
- S6** **L Fwd, R Hitch, Hold, R Fwd, L Hitch, Hold, L Cross, ½ Monterey Turn R (R Point, Hold, ½ Turn Close R, L Point, Hold)**
123 456 Step L forward & slightly across R [1], Hitch R [2], Hold [3], Step R forward & slightly across L [4], Hitch L [5], Hold [6] 3.00
123 456 Cross L over R [1], Point R to right side [2], Hold [3], ½ turn right stepping R next to L [4], Point L to left side [5], Hold [6] 9.00
- S7** **To 10.30: L Fwd, R Side, L Close, R Fwd, L Side, R Close, L Fwd, R Slow Kick, R Back, 1/8 Turn L Side, 1/8 Turn L Stepping R Fwd**
1 2 3 Traveling towards 10.30: Step forward L [1], Make 1/8 turn left stepping R to right side [2], Step L next to R [3] 10.30
4 5 6 Make 1/8 turn right stepping forward R [4], Make 1/8 turn right stepping L to left side [5], Step R next to L [6]
- (During the above 6 counts keep head looking towards 10.30 as that is the way you are traveling).**
1 2 3 Make 1/8 turn left stepping forward L [1], Slowly kick R leg forward lifting from knee first [2], continue kick forward [3] 10.30
4 5 6 Step back R [4], Make 1/8 turn left stepping L to left side [5], Make 1/8 turn left stepping forward R [6] 7.30
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- S8 Diamond Fallaway Turning L: L Fwd, R Side, L Back, R Back, L Side, R Fwd, L Fwd, R Side, L Back, R Back, L Side, R Fwd**
- 1 2 3 Step L forward [1], Make 1/8 turn left stepping R to right side [2], Make 1/8 turn left stepping back L [3] 4.30
- 4 5 6 Step R back [4], Make 1/8 turn left stepping L to left side [5], Make 1/8 turn left stepping forward R [6] 1.30
- 1 2 3 Step L forward [1], Make 1/8 turn left stepping R to right side [2], Make 1/8 turn left stepping back L [3] 10.30
- 4 5 6 Step R back [4], Make 1/8 turn left stepping L to left side [5], Make 1/8 turn left stepping forward R [6]

START AGAIN ☺ HAVE FUN

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