

Hard For Me

www.linedancerweb.com www.linedancefoundation.com www.kingshilldanceholidays.com. 32 Count 2 Wall Advanced Level Dance.

Choreographed by: Amanda Rizzello (FR) Jun 2021

Choreographed to: Hard For Me by Michele Morrone

Intro: Start Introduction on vocal at Approx 26 secs

Remember to Vote for your favourite dances in the Linedancer Charts.

Note When the lyrics start just follow the lyrics then after the last "Don't you lie" start the dance on the first beat

LYRICAL INTRODUCTION:

You keep telling me

Bring RH to your lips, bring LH to your lips (keeping elbows up and to the side)

That I am free to go

Keep both hands together and go down with arms to the left side then right

But I am addicted to you

Extend R arm out to L side and slightly roll arms from elbows to wrists to fingers in an outward motion, bring back to neutral

It's a lie, It's a lie, It's a lie

Raising both hands forward and up as you do a syncopated weave: cross RF over L, Step LF to L side, cross RF behind L, Step LF to L side, cross RF over L, Step LF to L side as you Bring slowly both arm down alongside each side

When I'm not here

Stretch R arm fwd, stretch L arm fwd, Bring arms out to either side You're alone Turn head to left as you push it with your R hands on the check

Can you walk by your own?

Extend L arm out to R side and slightly roll arms from elbows to wrists to fingers in an outward motion, bring back to neutral

Don't you lie Don't you lie Don't you lie

Raising both hands forward and up as you do a syncopated weave: cross LF over R, Step RF to R side , cross LF behind R, Step RF to R side as you Bring slowly both arm down alongside each side

Dance SEC 1 1-2& 3-4& 5-6& 7-8&	FWD KNEE LIFT, CROSS, BACK, ¼ TURN, CROSS, ¼ TURN X2, SWAY X3, CROSS, SIDE Step RF forward as you lift L knee, Cross LF over R, Step back on RF ¼ Turn L as you step LF to L side, Cross RF over L, ¼ Turn R as you Step back on LF (12:00) ¼ Turn R as you step RF to R side and you bring right hand up and over from left to right, Sway L, Sway R (3:00) Sway L, Cross RF over L, Step LF to L side
Restart	After Count 7 on Wall 2 make ¼ left as you touch RF next to L then restart
SEC 2 1-2& 3-4 5-6& 7-8&	SWEEP, BEHIND, ¼ TURN, SIDE, TOUCH BEHIND, FULL TURN SWEEP, CROSS, BACK, ¼ TURN, ROCK Cross RF behind L as you sweep LF front to back, Cross LF behind R, ¼ Turn R as you step RF forward (6:00) Step LF to L side, Touch RF behind L (start prepare for the turn) Full turn on RF and sweep LF back to front, Cross LF over R, Step back on RF (6:00) ¼ Turn L as you step LF to L side, Rock RF forward, Recover on LF (3:00)
SEC 3	BACK, KICK ARM UP, BACK SWEEP X2, BACK DROP, ROLLING VINE
SEC 3 1-2	BACK, KICK ARM UP, BACK SWEEP X2, BACK DROP, ROLLING VINE Step back on RF as you kick LF, Step back on LF as you sweep RF front to back
1-2	Step back on RF as you kick LF, Step back on LF as you sweep RF front to back
1-2 Arms	Step back on RF as you kick LF, Step back on LF as you sweep RF front to back 1) Reach R arm fwd with palm opened up
1-2 Arms 3-4	Step back on RF as you kick LF, Step back on LF as you sweep RF front to back 1) Reach R arm fwd with palm opened up Step back on RF as you sweep LF front to back, Step back on LF
1-2 Arms 3-4 5-6	Step back on RF as you kick LF, Step back on LF as you sweep RF front to back 1) Reach R arm fwd with palm opened up Step back on RF as you sweep LF front to back, Step back on LF Bent L leg as you keep R leg straight to R side then come up
1-2 Arms 3-4 5-6 Arms	Step back on RF as you kick LF, Step back on LF as you sweep RF front to back 1) Reach R arm fwd with palm opened up Step back on RF as you sweep LF front to back, Step back on LF Bent L leg as you keep R leg straight to R side then come up Take both arms up coming from center and Bring slowly both arm down alongside each side
1-2 Arms 3-4 5-6 Arms 7-8&	Step back on RF as you kick LF, Step back on LF as you sweep RF front to back 1) Reach R arm fwd with palm opened up Step back on RF as you sweep LF front to back, Step back on LF Bent L leg as you keep R leg straight to R side then come up Take both arms up coming from center and Bring slowly both arm down alongside each side ¼ turn R as you step RF forward, ½ Turn R stepping LF back, ¼ Turn R stepping RF to R side (3:00)
1-2 Arms 3-4 5-6 Arms 7-8& SEC 4	Step back on RF as you kick LF, Step back on LF as you sweep RF front to back 1) Reach R arm fwd with palm opened up Step back on RF as you sweep LF front to back, Step back on LF Bent L leg as you keep R leg straight to R side then come up Take both arms up coming from center and Bring slowly both arm down alongside each side ¼ turn R as you step RF forward, ½ Turn R stepping LF back, ¼ Turn R stepping RF to R side (3:00) CROSS ROCK X2, STEP ½ TURN R, CIRCLE WALK ¼ TURN X3
1-2 Arms 3-4 5-6 Arms 7-8& SEC 4 1-2&	Step back on RF as you kick LF, Step back on LF as you sweep RF front to back 1) Reach R arm fwd with palm opened up Step back on RF as you sweep LF front to back, Step back on LF Bent L leg as you keep R leg straight to R side then come up Take both arms up coming from center and Bring slowly both arm down alongside each side ¼ turn R as you step RF forward, ½ Turn R stepping LF back, ¼ Turn R stepping RF to R side (3:00) CROSS ROCK X2, STEP ½ TURN R, CIRCLE WALK ¼ TURN X3 Cross LF over R, Recover on R, Step LF to L side
1-2 Arms 3-4 5-6 Arms 7-8& SEC 4 1-2& 3-4&	Step back on RF as you kick LF, Step back on LF as you sweep RF front to back 1) Reach R arm fwd with palm opened up Step back on RF as you sweep LF front to back, Step back on LF Bent L leg as you keep R leg straight to R side then come up Take both arms up coming from center and Bring slowly both arm down alongside each side '4 turn R as you step RF forward, ½ Turn R stepping LF back, ¼ Turn R stepping RF to R side (3:00) CROSS ROCK X2, STEP ½ TURN R, CIRCLE WALK ¼ TURN X3 Cross LF over R, Recover on R, Step LF to L side Cross RF over L, Recover on L, Step RF to R side

