



## A Midnight Glass

36 Count 4 Wall High Beginner Level Dance.  
Choreographed by: Ivan Rundgren (SWE) Jun 2026  
Choreographed to: Life Hits Hard When The Papers Came Down  
by CowboyRich  
Intro: 16 Counts. Start at approx 17 secs.

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### **SEC 1 TOE STRUTS, KICK, KICK, BACK, HOOK**

- 1-2 Point fwd R toe, drop down R heel
- 3-4 Point fwd L toe, drop down L heel
- 5-6 Kick fwd R, kick fwd R
- 7-8 Step R back, hook L across R shin

### **SEC 2 STEP, LOCK, SHUFFLE, STEP, ¼ TURN, BEHIND, SIDE, CROSS**

- 1-2 Step fwd L, lock R behind L
- 3&4 Step fwd L, step R beside L, step fwd L
- 5-6 Step fwd R, ¼ turn L (9:00)
- 7&8 Step R behind L, step L to L side, cross R over L

### **SEC 3 SIDE, HOLD, ¼ SIDE, HOLD, CROSS ROCK ¼ STEP, HOLD**

- 1-2 Step L to L side, hold and clap
- 3-4 ¼ Turn R stepping R to R side, hold and clap twice (12:00)
- 5-6 Cross step L over R, recover weight to R
- 7-8 ¼ Turn L stepping fwd L, hold (9:00)

### **SEC 4 ROCK, SHUFFLE ½ TURN, STOMP, STOMP, BOUNCE HEELS**

- 1-2 Step fwd R, recover to L
- 3&4 ¼ Turn R stepping R to R side, step L beside R, ¼ turn R stepping fwd R (3:00)
- 5-6 Stomp fwd L, stomp R beside L
- 7-8 Bounce both heels, bounce both heels

**Restart** Here on Wall 6

### **SEC 5 SIDE, TOUCH IN PLACE, SIDE, TOUCH IN PLACE**

- 1-2 Step R to R side, touch L in place
- 3-4 Step down onto L, touch R in place

