It Ain't Easy

Choreographer: Gaye Teather (UK) March 2014
Count: 32 / Wall: 4 / Level: Beginner / Improver
Music: It Ain't Easy by Mike Kelly (125 bpm)

16 count intro – 9 seconds - Dance rotates in CCW direction

1 – 2 Walk forward Right. Left
3&4 Kick Right foot forward. Step Right beside Left. Step Left in place beside Right
5 – 6 Rock forward on Right. Recover onto Left
7 – 8 Rock back on Right. Recover onto Left

1 – 2 Step forward on Right. Pivot half turn Left
3&4 Step forward on Right. Step Left beside Right. Step forward on Right
5 – 6 Step forward on Left. Pivot quarter turn Right (Facing 9 o’clock)
7&8 Cross Left over Right. Step Right to Right side. Cross Left over Right

1 – 2 Step Right to Right side. Point Left toe across Right foot
3 – 4 Point Left toe to Left side. Point Left toe across Right foot
5&6 Step Left to Left side. Step Right beside Left. Step Left to Left side
7 – 8 Rock back on Right. Recover onto Left

1&2 Step Right to Right side. Step Left beside Right. Step Right to Right side
3 – 4 Rock back on Left. Recover onto Right
5 – 6 Step Left to Left side. Touch Right toe in front of Left foot
7 – 8 Twist heels of both feet to Right. Twist heels of both feet back to centre (weight remains on Left)

Start again