

# LIFE HITS HARD

**Count:** 36. **Wall:** 4. **Level:** Easy Improver

**Choreographer:** Véronique Dailly (FRA) & Marianne Langagne (FRA) - April 2026

**Music:** Life Hits Hard When The Papers Came Down by CowboyRich Music. Album: single

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**INTRO: 16 count. Weight on L. One Restart.**

## **WALK, WALK, SHUFFLE, FORWARD, ROCK, BACK, BACK**

- 1,2 Step R forward, Step L forward
- 3&4 Step R forward, Step L beside R, Step R forward
- 5,6 Rock L forward, Recover onto R
- 7,8 Step L back, Step R back

## **BACK, ROCK, SHUFFLE, STEP, PIVOT 1/4 LEFT, STEP, PIVOT 1/4 LEFT**

- 1,2 Rock L back, Recover onto R
- 3&4 Step L forward, Step R beside L, Step L forward
- 5-8 Step R forward, Pivot  $\frac{1}{4}$  left, Step R forward, Pivot  $\frac{1}{4}$  left **[6:00]**

## **STEP, POINT, TOUCH FORWARD, POINT, STEP, TOUCH, KICK-BALL-CROSS**

- 1-4 Step R forward, Point L to left, Touch L forward, Point L to left
- 5,6 Step L forward, Touch R beside L
- 7&8 Kick R forward, Step ball of R beside L, Cross L over R

## **SIDE, ROCK, CROSS SHUFFLE, SIDE, ROCK 1/4 RIGHT, SHUFFLE**

- 1,2 Rock R to right, Recover onto L
- 3&4 Cross R over L, Step L to left, Cross R over L
- 5,6 Rock L to left, Recover  $\frac{1}{4}$  right onto R
- 7&8 Step L forward, Step L beside R, Step L forward **[9:00]**

**RESTART: Wall 6**

## **ROCKING CHAIR**

- 1-4 Rock R forward, Recover onto L, Rock R back, Recover onto L

**36 REPEAT**

**RESTART: During Wall 6 dance to count 32 and Restart facing 6:00**