

# Don't Be So Hard On Yourself

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**Count:** 64

**Wall:** 2

**Level:** Intermediate

**Choreographer:** Dwight Meessen (NL) & Caroline Cooper (UK) - July 2015

**Music:** Don't Be So Hard On Yourself - Jess Glynne : (iTunes, amazon)

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## #32 count intro

### Section 1: R Cross, Scissor Step, ¼ Turn, Shuffle ½ Turn Left, Pivot ¼ Turn Left

1 Cross RF over LF  
2&3 Step LF to left side, Close RF beside, LF Cross step LF over RF  
4 Make ¼ turn left, stepping RF back  
5&6 Shuffle ½ turn left, stepping L,R,L  
7-8 Step RF forward, pivot ¼ turn left

### Section 2: R Cross, L Point, L Samba, R Cross, 1/4 Turn L( RF step back), R Chasse

1-2 Cross RF over LF, Point LF to left side  
3&4 Cross LF over RF, rock RF to right side, recover weight on LF  
5-6 Cross RF over LF, step LF 1/4 back  
7&8 Step RF to right side, step LF next to RF, step RF to right side

### Section 3: L Cross, ¼ Turn, L Coaster Step, Step-Lock, R Shuffle,

1-2 Cross LF over RF, make ¼ turn left, stepping RF back  
3&4 Step LF back, step RF next to LF, step LF forward  
5-6 Step RF forward, lock LF behind RF  
7&8 Step RF forward, step LF next to RF, step RF forward

### Section 4: L Rock Forward, R Recover, Full Turn Left, L Coaster Step, R Walk, L Walk

1-2 Rock LF forward, recover weight on RF  
3-4 Make ½ turn left, stepping LF forward, make ½ turn left, stepping RF back  
5&6 Step LF back, step RF next to LF, step LF forward  
7-8 Walk forward x2 R, L

### Section 5: SWAY R, SWAY L, CHASSE RIGHT, SWAY L, SWAY R, CHASSE ¼ TURN L

1-2 Step right to right side swaying hips right, recover swaying hips left  
3&4 Step right to right side, close left next to right, step right to right side  
5-6 Step left to left side swaying hips left, recover swaying hips right  
7&8 Step left to left side, close right next to left, ¼ left step left forward

### Section 6: R KICK & POINT, L KICK & POINT, CROSS BACK & CROSS POINT R

1&2 Kick right foot forward, step down on right point left to left side  
3&4 Kick left foot forward, step down on left, point right to right side  
5-6 Cross right over left, step back left  
&7-8 Step right to right side, cross left over right, point right to right side

### Section 7: WALK FORWARD R & L, R SHUFFLE FORWARD, ROCK FORWARD, BACK, SHUFFLE ½ TURN

1-2 Walk forward right & left  
3&4 Step forward right, close left next to right, step forward right  
5-6 Rock forward left, recover weight right  
7&8 ½ turn left over left stepping forward left, close right next to left, step forward left

### Section 8: SIDE HOLD & SIDE CLOSE, ¼ TOUCH, BACK TOUCH

1-2 Step right to right side hold  
&3-4 Step left next to right, step right to right side, close left next to right  
5-6 ¼ turn stepping forward right, touch left behind right  
7-8 Step back left, touch right next to left