

DON'T BE SO

Song: Don't Be So Hard on Yourself (3.31mins) (120 bpm)
Artist: Jess Glynn- Album- I Cry When I Laugh
Choreographer: Linda Burgess- Sydney-Australia- onelnr@bigpond.net.au
Description: 64 counts,4 wall, intermediate dance- Sept 2015
Intro: Start with Lyrics (Came) about 2 counts in...

Beats	Steps
1-8 1,2,3,4 &5,6,7&8	STEP, TAP, STEP, TAP, STEP, CROSS, SIDE, BEHIND, SIDE, CROSS Big step R, tap L beside R & clap hands up high, big step L, tap R beside L & clap Step R to R, cross/step L over R, step R to R, cross/step L behind R, step R to R, cross/step L over R (12.00)
9-16 &1,2&3,4 &5,6,7&8	STEP, CROSS, REPLACE, STEP, CROSS, REPLACE, ¼ STEP, STEP/PIVOT ½, SHUFFLE FWD Step R to R, cross/step L over R, replace weight to R, step L to L, cross/step R over L, replace weight to L Turn ¼ R & step fwd R, step fwd L, pivot ½ turn R, shuffle fwd L,R,L (9.00)
17-24 1,2,3,4, 5,6,7,8	FULL TURN, ROCK, REPLACE, ½ STEP, ROCK, REPLACE, ½ FWD Turn ½ L & step back R, turn ½ L & step fwd L, rock/step fwd R, replace weight to L ½ turn R & step fwd R, rock/step fwd L, replace weight to R, turn ½ L & step fwd L (9.00)
25-32 1,2,3&4 5,6,7&8	STEP, PIVOT ¼, CROSS SAMBA, CROSS, ¼ BACK, L COASTER Step fwd R, pivot ¼ turn L, cross/step R over L, step L to L, replace weight to R (6.00) Cross/step L over R, turn ¼ L & step back R, L coaster (3.00)
33-40 1,2,3&4 5,6&7,8	SLIDE, SLIDE, SHUFFLE FWD, ROCK, REPLACE, TOGTHR, STEP/PIVOT ½ (using hips)- Slide fwd R, slide fwd L, (or full turn R) shuffle fwd R,L,R (3.00) Rock/step fwd L, replace weight to R, step L beside R, step fwd R, pivot ½ turn L (9.00)
41-48 1,2&3,4 5,6&7,8&	¼ SIDE, BEHIND, ¼ STEP, STEP/PIVOT ½, ¼ L DOROTHY, R DOROTHY Turn ¼ L & step R to R, cross/step L behind R, ¼ turn R & step fwd R, step fwd L, pivot ½ turn R (3.00) Turn ¼ R & step L fwd to L45, cross/step R behind L, step L beside R, step R fwd to R45, cross/step L behind R, step R beside L (still facing 45R) (7.30)
49-56 1,2,3&4 &5,6,7,8&1	STEP, ½ KICK, COASTER, TOGTHR, FULL TURN, STEP, STEP, LOCK, STEP <i>The next 13 counts danced on diagonal</i> -Step fwd L, keep weight on L & make a ½ turn R & kick R fwd,(to front R diagonal), R coaster (1.30) L beside R, step fwd R, turn ½ R & step back L, ½ turn R & step fwd R, step L fwd, lock/step R behind L, step fwd L (1.30)
57-64 2,3,4&5 6,7,8	ROCK, REPLACE, BACK, LOCK, BACK, 3/8 FWD, STEP, PIVOT 1/2 Rock/step fwd R, replace weight to L, step back R, lock/step L in front of R, step back R Turn 3/8ths L (9.00)& step fwd L, step fwd R, pivot ½ turn L (weight L). (3.00)

Begin Again!!