



I CAN DO HARD THINGS

CHOREOGRAPHY BY: RACHAEL McENANEY-WHITE (UK/USA)

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Description:

2 wall, 96 counts, Intermediate/Advanced level, waltz style line dance

Music:

I Can Do Hard Things (Full Version) - Jennifer Nettles (4.27mins) - approx 144bpm. [iTunes link](#)

Count In:

Dance begins 24 counts from when the beat kicks in. Begin dancing at approx 0.30mins

Notes:

1 Restart - 3rd wall, restart after 18 counts facing the back (7.30).

I would like to give a special thank you to my dear friends Gary O'Reilly & Gary Lafferty for suggesting this music, they both sent it at different times & I am very grateful to them both.

Videos:

DEMO: www.vimeo.com/learnlinedance/ICanDoHardThingsDemo

TEACH: www.vimeo.com/learnlinedance/ICanDoHardThings

Section	Footwork	End Facing
1 - 12	Facing 1.30: L fwd, hold with drag, R back, hold with drag, L fwd, 1/2 turn L, R coaster step	
1 2 3	Dance begins facing 1.30. Step forward L [1], Hold as you drag R towards L (weight remains L) [2,3]	1.30
4 5 6	Step back R [4], Hold as you drag L towards R (weight remains R) [5,6]	1.30
1 2 3	Step forward L [1], Make 1/2 turn left on ball of L as you drag R towards L (weight remains L) [2,3]	7.30
4 5 6	Step back R [4], Step L next to R [5], Step forward R [6]	7.30
13 - 24	L fwd, R point, R back, L point, L fwd, 1/2 turn L back R, L back, R back, 1/2 turn L, R fwd	
123 456	Step forward L [1], Point R to right side [2], Hold [3], Step back R [4], point L to left side [5], Hold [6]	7.30
RESTART	Restart the dance here during the 3rd wall. 3rd wall begins facing 12.00, you will restart facing 6.00	
1 2 3	Step forward L [1], Make 1/2 turn left stepping back R [2], Step back L [3]	1.30
4 5 6	Step back R [4], make 1/2 turn left stepping forward L [5], step forward R [6]	7.30
25 - 36	L fwd sweeping R with 1/8 turn L, R cross, L side, Hold, R close with 1/8 turn L, L back, R hook, R fwd, L fwd, 1/2 pivot R	
1 2 3	Step forward L as you sweep R making 1/8 turn left [1], Hold (continue sweep) [2], Cross R over L [3]	6.00
4 5 6	Step L to left side [4], Hold as you drag R towards L [5], Make 1/8 turn left as you step R next to L [6]	4.30
1 2 3	Step back L [1], Hold as you drag R towards L [2], Hook R in front of L shin [3]	4.30
4 5 6	Step forward R [4], Step forward L [5], Pivot 1/2 turn right (weight ends R) [6]	10.30
37 - 48	L fwd, full spiral turn R, R twinkle with 1/8 turn R, L cross rock, hold, recover R, 1/4 turn L, 1/2 turn L back R	
1 2 3	Step forward L [1], Make full spiral turn right (weight remains L) [2,3]	10.30
4 5 6	Step forward R [4], Make 1/8 turn right (squaring up to 12.00) stepping L to left side [5], Step R to right diagonal [6]	12.00
123 456	Cross rock L over R [1], Hold [2,3], Recover weight R [4], 1/4 turn left stepping forward L [5], 1/2 turn left stepping back R [6]	3.00
49 - 60	1/4 turn L stepping L side, Hold, R side, Hold, L twinkle, R twinkle with 1/4 turn R	
123 456	Make 1/4 turn stepping L to left side [1], Hold as you drag R [2,3], Step R to right side [4] Hold as you drag L [5,6]	12.00
1 2 3	Cross L over R to diagonal [1], Step R to right side [2], Step L to left diagonal [3]	12.00
4 5 6	Cross R over L to diagonal [4], Step L to left side [5], Make 1/4 turn right stepping forward R [6]	3.00
61 - 72	L fwd, R hitch, Hold, R fwd, L hitch, Hold, L cross, 1/2 Monterey turn R (R point, Hold, 1/2 turn close R, L point, Hold)	
123 456	Step L forward & slightly across R [1], Hitch R [2], Hold [3], Step R forward & slightly across L [4], Hitch L [5], Hold [6]	3.00
123 456	Cross L over R [1], Point R to right side [2], Hold [3], 1/2 turn right stepping R next to L [4], Point L to left side [5], Hold [6]	9.00

Section	Footwork	End Facing
73 - 84	To 10.30: L fwd, R side, L close, R fwd, L side, R close, L fwd, R slow kick, R back, 1/8 turn L side, 1/8 turn L stepping R fwd	
1 2 3	Traveling towards 10.30: Step forward L [1], Make 1/8 turn left stepping R to right side [2], Step L next to R [3]	10.30
4 5 6	Make 1/8 turn right stepping forward R [4], Make 1/8 turn right stepping L to left side [5], Step R next to L [6] <i>(During the above 6 counts keep head looking towards 10.30 as that is the way you are traveling).</i>	10.30
1 2 3	Make 1/8 turn left stepping forward L [1], Slowly kick R leg forward lifting from knee first [2], continue kick forward [3]	10.30
4 5 6	Step back R [4], Make 1/8 turn left stepping L to left side [5], Make 1/8 turn left stepping forward R [6]	7.30
85 - 96	Diamond Fallaway turning L: L fwd, R side, L back, R back, L side, R fwd, L fwd, R side, L back, R back, L side, R fwd	
1 2 3	Step L forward [1], Make 1/8 turn left stepping R to right side [2], Make 1/8 turn left stepping back L [3]	4.30
4 5 6	Step R back [4], Make 1/8 turn left stepping L to left side [5], Make 1/8 turn left stepping forward R [6]	1.30
1 2 3	Step L forward [1], Make 1/8 turn left stepping R to right side [2], Make 1/8 turn left stepping back L [3]	10.30
4 5 6	Step R back [4], Make 1/8 turn left stepping L to left side [5], Make 1/8 turn left stepping forward R [6]	7.30

START AGAIN 😊 HAVE FUN