



LIFE HITS HARD

Choreographers : Véronique Dailly (fr) & Marianne Langagne (fr) (14.04.2026)
Walls : 4 Walls
Counts : 36 Counts – 1 Restart (6th Wall) – Final
Level : Easy Improver
Musique : Life Hits Hard When The Papers Came Down – CowboyRich (124 Bpm)
Intro : 16 counts from the first chords or 8 counts from the drums

Specially written for the 20th anniversary of the Two B Country Dancers of Boulogne-sur-Mer (62) and taught on April 25, 2026

S1 WALK (R-L), SHUFFLE FWD, ROCK STEP FWD, BACK (L-R)

1 – 2 RF Fwd, LF Fwd
3 & 4 RF Fwd, Together, RF Fwd
5 – 6 LF Fwd, Recover on RF
7 – 8 LF Back, RF Back

S2 BACK ROCK, SHUFFLE FWD, STEP ¼ TURN L., STEP ¼ TURN L.

1 – 2 LF Back, Recover on RF
3 – 4 LF Fwd, Together, LF Fwd
5 – 6 RF Fwd, ¼ Turn L (9 :00)
7 – 8 RF Fwd, ¼ Turn L (6 :00)

S3 STEP, L POINT (To L – Fwd – To L) , STEP , TOUCH, KICK BALL CROSS

1 RF Fwd
2 - 3 - 4 Touch L Point to the L, L Point Fwd, L Point to the L
5 – 6 LF Fwd, Touch RF next to LF
7 & 8 Kick RF, Together, Cross LF over RF

S4 SIDE ROCK, CROSS SHUFFLE, SIDE , ¼ TURN R SIDE , SHUFFLE FWD

1 – 2 RF to the R, Recover on LF
3 & 4 Cross RF over LF, LF to the L, Cross RF over LF
5 – 6 LF to the L, ¼ Turn R – RF to the R (Weight on RF) 9:00
7 & 8 LF Fwd, Together, LF Fwd

- Here Restart 6th Wall – Facing 6:00

S5 ROCKING CHAIR

1-2-3-4 RF Fwd, Recover on LF, RF Back, Recover on LF

Final :

The dance ends at the "Kick Ball Cross" at 9:00. Continue with ¼ Turn R then RF Fwd.

Dance & Have Fun !!!!

Contacts :

Véronique Dailly : daillyveronique@yahoo.fr

YT <https://youtube.com/@veroniquedailly6005>

Marianne Langagne: eujeny_62@yahoo.fr

Site Internet : www.mariannelangagne.fr