



# I CAN DO HARD THINGS

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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](http://www.vimeo.com/learnlinedance/ICanDoHardThingsDemo)

TEACH: [www.vimeo.com/learnlinedance/ICanDoHardThings](http://www.vimeo.com/learnlinedance/ICanDoHardThings)

| Section        | Footwork   | End Facing |
|----------------|--|------------|
| <b>1 - 12</b>  | <b>Facing 1.30: L fwd, hold with drag, R back, hold with drag, L fwd, 1/2 turn L, R coaster step</b>                                 |            |
| 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       |
| <b>13 - 24</b> | <b>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</b>                                  |            |
| 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       |
| <b>RESTART</b> | <b>Restart the dance here during the 3rd wall. 3rd wall begins facing 12.00, you will restart facing 6.00</b>                        |            |
| 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       |
| <b>25 - 36</b> | <b>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</b>   |            |
| 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      |
| <b>37 - 48</b> | <b>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</b>            |            |
| 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       |
| <b>49 - 60</b> | <b>1/4 turn L stepping L side, Hold, R side, Hold, L twinkle, R twinkle with 1/4 turn R</b>  |            |
| 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       |
| <b>61 - 72</b> | <b>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)</b>     |            |
| 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 |
|----------------|---|------------|
| <b>73 - 84</b> | <b>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</b>   |            |
| 1 2 3          | <b>Traveling towards 10.30:</b> 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]<br><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       |
| <b>85 - 96</b> | <b>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</b>   |            |
| 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