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Don't Be

64 Count, 2 Wall, Intermediate

Choreographer: Vikki Morris (UK) Sept 2015

Choreographed to: Don't Be So Hard On Yourself by
Jess Glynne (3.31)

Start: 32 counts on the word "go" 17 seconds

- S1: Out Right, Out Left, Back Right, Step Left & Cross Bounce x3, Hitch Right**
1 2 Step forward and out Right, Step forward and out Left
3 4 Step back Right, Step Left next to Right
&5 Step slightly back Right, Cross Left over Right
6 7 Bounce both heels twice as you turn ½ turn Right over two counts (6 o clock)
8 Bounce Left heel as you hitch Right to Right diagonal at same time
- S2: Right Behind Left Side, Right Cross Shuffle, Step Left Touch Right, Lunge Right
¼ Turn Right, Step Left**
1 2 Step Right behind Left, Step Left to Left side
3&4 Cross Right over Left, Step Left to Left side, Cross Right over Left
5 6 Step Left to Left side, Touch Right
7 8 Turn ¼ turn Right taking large step forward Right dragging Left up to Right, Step Left
next to Right (9 o clock)
- S3: Kick Right & Point Left & Point Right, ¼ Turn Right Sweep Left, Cross Left, Right Side,
Left Behind Right Side, Left Forward**
1&2& Kick Right forward, Step Right next to Left, Point Left to Left side, Step Left next to Right
3&4 Point Right to Right side, Turn ¼ turn Right, Sweep Left Out and around (12 o clock)
5 6 Cross Left over Right, Step Right to Right Side
7&8 Cross Left behind Right, Step Right to Right side, Step forward Left
- S4: Right Rock Recover Left, Reverse Full Turn Right, Shuffle ½ Turn Right, Step Forward
Left, HOLD**
1 2 Rock forward Right, Recover on Left
3 4 Turn ½ turn Right stepping forward Right, Turn ½ turn Right stepping back Left
5&6 Turn ¼ turn Right stepping Right to Right side, Step Left next to Right, Turn ¼ turn Right stepping
forward Right (6 o clock)
7 8 Step forward Left, HOLD
RESTART HERE WALL 1
- S5: Right Ball Step, Right Rock Recover Left, ¼ Turn Right, Cross Left, Right Side,
Left Behind & Cross Left**
& 1 Step Right next to Left, Step Left forward
2 3 Rock forward Right, Recover on Left
4 Turn ¼ turn Right (9 o clock)
5 6 Cross Left over Right, Step Right to Right side
7&8 Cross Left Behind Right, Step Right to Right side, Cross Left over Right
- S6: Right Side Rock Recover Left, ½ Turn Right Sailor, Walk Left 1/8 Turn Right, Walk Right
1/8 Turn Right, Shuffle ¼ Right**
1 2 Rock Right to Right side, Recover on Left
3&4 Cross Right behind Left, Turn ½ turn Right stepping Left to Left Side, Step Right to Right
side (3 o clock)
5 6 Walk Left 1/8 turn Right, Walk Right 1/8 turn Right (6 o clock)
7&8 Step forward Left 1/8 turn Right, Step Right next to Left, Step forward Left 1/8 turn Right (9 o clock)
- S7: Right Side, Left Side, Back Right, Left Sailor, Right Sailor, Touch ½ Turn Left**
&1 2 Step Right to Right side, Step Left to Left side, Step back Right
3&4 Cross Left behind Right, Step Right to Right side, Step Left to Left Side (travelling backwards)
5&6 Cross Right behind Left, Step Left to Left side, Step Right to Right side (travelling backwards)
7 8 Touch Left toe back, Turn ½ turn Left (3 o clock)
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S8: Right Rock Recover Left & Left Rock Recover Right & Step $\frac{1}{2}$ Pivot Left, Step $\frac{1}{4}$ Pivot Left
1 2& Rock Right forward, Recover on Left, Step Right next to Left
3&4& Rock Left forward, Recover on Right, Step Left next to Right
5 6 Step forward Right, Pivot $\frac{1}{2}$ turn Left (9 o'clock)
7 8 Step forward Right, Pivot $\frac{1}{4}$ turn Left (6 o'clock)

Start again & Smile

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