

Don't Be So Hard

Count: 32

Wall: 4

Level: Absolute Beginner

Choreographer: Alison Metelnick (UK) & Peter Metelnick (UK) - August 2026

Music: Don't be so hard - Presley Haile

or: Everything's Alright - Azteck, DJ Koko & Kurt D : (Amazon)



Don't Be So Hard – Presley Haile – start after 24 counts after the beat kicks in (starting on the word 'time' when she sings 'every time' – approx. 16secs – 3mins 01secs – 134bpm
Everything's Alright – Azteck, DJ Koko & Kurt D - start after 32 count intro approx. 17secs – 2mins 10secs – 132bpm

[1-8] R heel forward, R toes back, walk forward R/L, R fwd, 1/8 L pivot, R fwd, 1/8 L pivot

- 1-2 Touch R heel forward, touch R toes back
- 3-4 Step R forward, step L forward
- 5-6 Step R forward, pivot 1/8 L
- 7-8 Step R forward, pivot 1/8 L (9 o'clock)

[9-16] R heel forward, R toes back, walk forward R/L, R fwd, 1/8 L pivot, R fwd, 1/8 L pivot

- 1-2 Touch R heel forward, touch R toes back
- 3-4 Step R forward, step L forward
- 5-6 Step R forward, pivot 1/8 L
- 7-8 Step R forward, pivot 1/8 L (6 o'clock)

[17-24] K step: R fwd, L touch, L back, R touch, R back, L touch, L fwd, R touch

- 1-2 On right diagonal step R forward, touch L together
- 3-4 On left diagonal step L back, touch R together
- 5-6 On right diagonal step R back, touch L together
- 7-8 On left diagonal step L forward, touch R together

[25-32] R vine, L vine with ¼ L, R brush fwd

- 1-2 Step R side, cross step L behind R
- 3-4 Step R side, touch L together
- 5-6 Step L side, cross step R behind L
- 7-8 Turning ¼ left step L forward, brush R forward (3 o'clock)