

# Hurting On Me

**COPPER** **KNOB**  
STEPSHEETS

Count: 64

Wand: 2

Ebene: Improver / Intermediate

Choreograf/in: Sophie Ruhling (FR) - March 2019

Musik: Hurtin' on Me (feat. Chris Carmack) - Nashville Cast



## #48 count intro - 3 TAG - 1 RESTART - 1 ENDING

Based on the dance Sounds Like Love choreographed by Sophie Ruhling in August 2018, but with different tags and restarts

### SECT.1 : LOCKED TRIPLE R BACK, HOLD, COASTER STEP L BACK, HOLD

1-2 back R, back L locked over R  
3-4 back R , hold  
5-6 back L, back R beside L  
7-8 walk L, hold

### SECT.2 : LOCKED TRIPLE R FWD, HOLD, POINT L SIDE, TOUCH L BESIDE R, POINT L SIDE, HOLD

1-2 walk R, walk L locked behind R  
3-4 walk R, hold  
5-6 point L to L side, touch L beside R  
7-8 point L to L side, hold

**\*restart here wall 4 (6.00): step L in place on count 8**

### SECT.3 : SAILOR STEP L, HOLD, POINT R SIDE, TOUCH R BESIDE L, POINT R SIDE, HOLD

1-2 cross L behind R, step R to R side  
3-4 step L to L side, hold  
5-6 point R to R side, touch R beside L  
7-8 point R to R side, hold

### SECT.4 : SAILOR STEP R, HOLD, 1/2 TURN L TRIPLE STEP L, HOLD

1-2 cross R behind L, step L to L side  
3-4 step R to R side, hold  
5-6 1/4 turn L step L to L side, step R beside L (9.00)  
7-8 1/4 turn L walk L, hold (6.00)

### SECT.5 : R DIAGONAL TRIPLE STEP R FWD, HOLD, L DIAGONAL TRIPLE STEP L FWD, HOLD

1-2 walk R diagonal R, walk L beside R  
3-4 walk R diagonal R, hold  
5-6 walk L diagonal L, walk R beside L  
7-8 walk L diagonal L, hold

### SECT.6 : STEP R SIDE, SLIDE & STEP L BESIDE R, CROSS R OVER L, HOLD, STEP L SIDE, SLIDE & STEP R BESIDE L, CROSS L OVER R, HOLD

1-2 step R to R side, slide and step L beside R  
3-4 cross R over L, hold  
5-6 step L to L side, slide and step R beside L  
7-8 cross L over R, hold

**\*ending here wall 9 (12.00) : stomp R to R side**

### SECT.7 : 1/2 TURN R TRIPLE STEP R FWD, HOLD, 1/2 TURN R TRIPLE STEP L BACK, HOLD

1-2 1/4 turn R step R to R side, step L beside R (9.00)  
3-4 1/4 turn R walk R, hold (12.00)  
5-6 1/4 turn R step L to L side, step R beside L (3.00)

7-8 1/4 turn R back L, hold (6.00)

**SECT.8 : RUMBA BOX R AND BACK, HOLD, RUMBA BOX L AND FWD, HOLD**

1-2 step R to R side, step L beside R

3-4 back R, hold

5-6 step L to L side, step R beside L

7-8 walk L, hold

**\*tag here walls 3 (6.00) & 6 (6.00) & 7 (12.00) : repeat sections 7&8**

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