

Hurt My Heart Three Times

COPPERKNOB
BY SHEETS

Count: 84

Wand: 0

Ebene: Phrased Intermediate

Choreograf/in: Kenny Teh (MY) - March 2022

Musik: Hai Wo Xin Han Diu San Xia (害我心肝丢三下)



Start dance on vocals.

Dance sequence: AAB, AA+AA BAA=(13 counts)

Section A: 40c

- 1 2 3 4 Rock L forward, recover R, rock L back, recover R
5 6 7 8 Rock L forward, recover R, rock L back, recover R
- 1&2 3&4 ¼ left turn (9.00) Shuffle forward LRL, ¼ left turn (6.00) shuffle forward RLR
5&6 7&8 ¼ left turn (3.00) huffle forward LRL, ¼ left turn (12.00) shuffle forward RLR
- 1 2 3 4 Cross L over R, step R to right, step L behind R, step R to right
5 6 7&8 Cross L over R, recover R, left chasse LRL
- 1 2 3 4 Cross R over L, step L to left, step R behind L, step L to left
5 6 7&8 Cross R over L, recover L, right chasse RLR
- 1 2 3 4 Step L forward, pivot ½ right turn (6.00), Step L forward, pivot ½ right turn (12.00)
&5 6 Jump forward L to L, jump forward R to right, CLAP.
&7 8 Jump back L, jump back R together,CLAP.

Tag: (Music only:)

Add extra 4 counts

- &1 2 Jump forward L to L, jump forward R to right, CLAP.
&3 4 Jump back L, jump back R together,CLAP.

Section B: 44c

- 1&2&3 4 Cross touch L over R, step down on L, cross touch R over L, step down on R, cross touch L over R, hold
5&6&7 8 Making ¼ left turn (9.00) step L forward, lock R behind, step L forward, lock R behind, hold
- &1 2 &3 4 Jump diagonally right, touch L, hold, Jump diagonally left, touch R, hold
&5 6 &7 8 Jump back diagonally right, touch L, hold, Jump back diagonally left, touch R, hold
- 1 2 3 4 Cross R over L, ¼ right turn (12.00) step L back, step R to right, cross L over R
5&6&7 8 Cross touch R over L, step down on R, cross touch L over R, step down on L, cross touch R over L, hold
- 1&2&3 4 Making ¼ right turn step (3.00) R forward, lock L behind, step R forward, lock L behind, hold
&5 6 &7 8 Jump diagonally left, touch R, hold, Jump diagonally right, touch L, hold
- &1 2 &3 4 Jump back diagonally left, touch R, hold, Jump back diagonally right, touch L, hold
5-6-7-8 Cross L over R, ¼ left turn (12.00) step R back, step L to left, cross R over L
- &1 2 3 4 Jump forward L to L, jump forward R to right, Tap both heels 3 times