

# Hurt

**COPPER KNOB**  
STEPSHETS

Count: 16

Wand: 4

Ebene: Beginner

Choreograf/in: Lidia Landon Michael (USA) - December 2024

Musik: Hurt - OneRepublic



Intro 14 counts -starts @ 0:09

## SECTION 1: KICK STEP POINT, COASTER STEP, R FWD RUMBA, L FWD RUMBA

- 1&2 Kick R front, step R next to L, point L to L side
- 3&4 Step L backward, step R next to L, Step forward L
- 5&6 Step R to R side, step L next to R, Step forward R
- 7&8 Step L to L side, step R next to L, Step forward L

## SECTION 2: STEP BACK, TOUCH 2X, ROCK, RECOVER, STEP ¼ R, STEP TOGETHER

- 1-2 Step R to back R diagonal, touch L next to R
- 3-4 Step L to back L diagonal, touch R next to L
- 5-6 Rock R forward pushing hips forward, Recover L, pushing hips backward
- 7-8 Step R ¼ R, Step together L

## TAG AFTER WALL 2 (FACING 6:00) AND AFTER WALL 7 ( FACING 9:00)

- 1&2& Step R front, touch L toe behind R, Step L back, Kick R front
- 3-4 Big step back R, dragging L in front, step L next to R

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