

# Hurt My Heart Three Times

COPPERKNOB  
BY STEPHEN

Count: 84

Wall: 0

Level: Phrased Intermediate

Choreographer: Kenny Teh (MY) - March 2022

Music: 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