

# Hurt So Good

**COPPER** **KNOB**  
STEPSHETS

**Count:** 32

**Wall:** 4

**Level:** Beginner

**Choreographer:** Meiske Pamaputera (INA) - May 2014

**Music:** Hurts So Good - John Cougar-Mellencamp



**Intro : 56 counts - Restart: during wall 4 after 12 counts**

**Intro- optional. Leave the first 8 counts**

- 9-24 Bend right knee (1-2), bend left knee (3-4), bend R, L, R, L (5-8). Repeat  
25- 40 Step Right to right bend left knee (1-2), left down bend right knee, bend L.R. L.R (5-8 ).  
Repeat  
41- 48 Left touch fwd n shake ( weight on right )  
49- 56 Right touch fwd n shake ( weight on left )

**(1-8 ) Step forward touch 2x, 3 walk back, heel touch**

- 1- 2 Step Right forward, touch left next to Right  
3- 4 Step Left forward, touch right next to left  
5-8 Walk back right, left, right, heel touch left to L side ('sit" on R)

**(9-16) Hips n Shoulder shakes, Vine left, heel touch**

- 9-12 Shake your hips n shoulder ( show attitude )

**\*\* Restart here on wall 4 - on count 12 left heel down. Restart step right fwd. ( 09;00)**

- 13-16 Left heel down, cross right behind left, step left, heel touch right

**(17-24) Hips n Shoulder shakes, Vine right 1/ 4 turn right, hitch**

- 17-20 Shake your hips n shoulder  
21-24 Right heel down, cross left behind right, ¼ turn right step right, hitch left ( 03:00 )

**(25-32) Jazz box brush, jazz box**

- 25-28 Cross left over right, step right back, step left to left, brush right  
29-32 Cross right over left, step left back, step right to right, step left.

**Repeat.**

**Contact:** [www.sagitadance.com](http://www.sagitadance.com), - [www.meiske.net](http://www.meiske.net).