

# Hurt Inside

COPPER KNOB  
BY STEPHENETS

拍数: 32      墙数: 2      级数: Improver  
编舞者: LD Crazy Mike (SWE) & Micaela Svensson Erlandsson (SWE) - October 2015  
音乐: I Have Been Lonely - Blake Shelton



**Intro: 32 count - No Tag, No Restart**

**Section 1: Side. Touch. Kick Ball Cross. Side. Touch. Kick Ball Cross.**

1-2            Step right to right. Touch left beside right.  
3&4           Kick left forward. Step left beside right. Cross right over left.  
5-6           Step left to left. Touch right beside left.  
7&8           Kick right forward. Step right beside left. Cross left over right.

**Section 2: Step. 1/2 Turn left. Shuffle 1/2 Turn back. Tap unwind 1/2 left. Toes. 1/2 turn left.**

1-2            Step forward on right. turn 1/2 left.  
3&4           Shuffle 1/2 turn back over left shoulder stepping right, left, right.  
5-6           Tap left toes back. Unwind 1/2 left.  
7-8           Touch right toes forward. Unwind 1/2 left.

**Section 3: Back Rock. Forward Full Spiral Turn. Forward Shuffle. Forward Rock.**

1-2            Rock back on left. Recover onto right.  
3-4            Step forward on left spinning a full turn forward over right shoulder.  
5&6           Step forward on right. Close left beside right. Step forward on right.  
7-8            Rock forward on left. Recover onto right.

**Section 4: Back Lock Step. Tap Unwind 1/2 right. Forward Full Turn. Forward Shuffle.**

1&2            Step back on left. Lock right in front of left. Step back on left.  
3-4            Tap right toes back. Unwind 1/2 right.  
5              Turn 1/2 over right shoulder stepping back on left  
6              Turn 1/2 over right shoulder stepping forward on right.  
7&8            Step forward on left. Close right beside left. Step forward on left.

**Option: Replace the Forward shuffle with a triple full turn.**

---