

Don't Hurt Me

COPPER **KNOB**
BY STEPHEN METZ

拍数: 32 墙数: 4 级数: Improver
编舞者: Arlene Jones (USA) - September 2019
音乐: Hurt Me - Meghan Trainor



(No Tags Or Restarts)

Alt. Music - Southern Girls - Tim McGraw (No Tags Or Restarts)

[1 – 8] R ROCK FORWARD, RECOVER, TRIPLE STEP TURNING 3/4 R, L VINE, R SCUFF

1 - 2 R rock forward, recover on L
3&4 Triple step turning 3/4 right (9:00)
5 - 8 L step left, R step behind L, L step left, R scuff beside L (9:00)

Easier option for the 3/4 turn - turn left, cross shuffle, (R step across L(3), L step left(&), R step across L(4)

[9 – 16] R STEP, SWEEP, CROSS, STEP, 1/2 L TURNING SHUFFLE, WALK, WALK

1 - 4 R step forward(1), L sweep(2) and step across across R(3), R step right (9:00)
5&6 Shuffle turning 1/2 L - LRL (3:00)
7 - 8 R step forward, L step forward (3:00)

[17 – 24] R STEP, TAP, STEP, R TOE BACK, PIVOT, POINT, STEP, POINT

1 - 4 R step forward, L toe tap behind R, L step beside R, R step back on toe (3:00)
5 - 6 Pivot 1/2 turn right stepping down on R foot and taking weight (5), L toe points left (6) (9:00)
7 - 8 L step across R, R point right (9:00)

[25 – 32] R ROCK, RECOVER, STEP, HOLD (REPEAT WITH L FOOT)

1 - 3 R rock across L (angle body slightly left), recover, R step across L (9:00)
4 L sweep across R (9:00) (do not step down til count 5)
5 - 7 L rock across R (angle body slightly right), recover, L step across R (9:00)
8 R sweep across L

My first published dance. I hope you like it. Let me know if you have a problem with any of the steps as written.

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