

# Stop Making This Hurt

**COPPER** **KNOB**  
BY STEPHENETS

拍数: 32      墙数: 4      级数: Improver  
编舞者: Diane Capron (USA) - September 2021  
音乐: Stop Making This Hurt - Bleachers : (Album: Take the Sadness Out of Saturday Night)



Intro: 32 counts (16 counts after the main beat)  
No tags or restarts

## SECTION 1: SIDE SHUFFLE, CROSS ROCK RECOVER, LINDY SHUFFLE

1&2      Step R foot to right side, step L foot beside right, step R foot to right side  
3-4      Step L foot across right, recover R foot in place  
5&6      Step L foot to left side, step R foot beside left, step L foot to left side  
7-8      Rock R foot behind left, recover L foot in place (12:00)

## SECTION 2: ½ TURNING SHUFFLE, SHUFFLE BACK, COASTER, SHUFFLE FORWARD

1&2      Step R foot to right side while turning ¼ to left, step L foot beside right, step R back while turning ¼ to left  
3&4      Step L foot backward, step R foot beside right, step L foot backward  
5&6      Step R foot back, step L foot beside right, step R foot forward  
7&8      Step L foot forward, step R foot beside right, step L foot forward (6:00)

## SECTION 3: CROSS, BACK, SHUFFLE ¼, PIVOT ½, LOCKING SHUFFLE

1-2      Step R across left, Step L back  
3&4      Step R foot to right side, step L foot beside right, step R foot to right side while turning ¼ to right (9:00)  
5-6      Step L foot forward, pivot ½ turn to the R on ball of right foot  
7&8      Step L forward, Lock R behind left, Step L forward (3:00)

## SECTION 4: SIDE, BEHIND, AND HEEL AND CROSS (RIGHT & LEFT)

1-2      Step R to side, Step L behind right  
&3      Step R back, touch L heel diagonal forward  
&4      Step L back, step R across left  
5-6      Step L to side, Step R behind left  
&7      Step L back, touch R heel diagonal forward  
&8      Step R back, step L across right (3:00)

Front wall finish: Wall 11

## SECTION 1: SIDE SHUFFLE, CROSS ROCK RECOVER, SHUFFLE ¼, PIVOT ¼, POINT

1&2      Step R foot to right side, step L foot beside right, step R foot to right side  
3-4      Step L foot across right, recover R foot in place (6:00)  
5&6      Step L foot to left side, step R foot beside left, step L foot to left side while turning ¼ to left (3:00)  
7-8      Step R foot forward, pivot ¼ turn to the L on ball of left foot (12:00)  
9      Point R foot in front of left

Repeat

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Special thanks to Jackie Lincoln for her guidance and suggestions <https://linedancingvirginia.vpweb.com/>

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