

# Hurt

**COPPER KNOB**  
STEPSHETS

拍数: 16      墙数: 4      级数: Beginner  
编舞者: Lidia Landon Michael (USA) - December 2024  
音乐: Hurt - OneRepublic



Intro 14 counts -starts @ 0:09

## SECTION 1: KICK STEP POINT, COASTER STEP, R FWD RUMBA, L FWD RUMBA

1&2      Kick R front, step R next to L, point L to L side  
3&4      Step L backward, step R next to L, Step forward L  
5&6      Step R to R side, step L next to R, Step forward R  
7&8      Step L to L side, step R next to L, Step forward L

## SECTION 2: STEP BACK, TOUCH 2X, ROCK, RECOVER, STEP ¼ R, STEP TOGETHER

1-2      Step R to back R diagonal, touch L next to R  
3-4      Step L to back L diagonal, touch R next to L  
5-6      Rock R forward pushing hips forward, Recover L, pushing hips backward  
7-8      Step R ¼ R, Step together L

## TAG AFTER WALL 2 (FACING 6:00) AND AFTER WALL 7 ( FACING 9:00)

1&2&      Step R front, touch L toe behind R, Step L back, Kick R front  
3-4      Big step back R, dragging L in front, step L next to R

Contact: [Lidia.michael@outlook.com](mailto:Lidia.michael@outlook.com)