

# You've Been Here For A While...I'm Hurt (你来了一阵子..我疼了)

COPPER KNOB  
STEPSHEETS

拍数: 32                      墙数: 2                      级数: Intermediate  
编舞者: Sally Sumardi (INA) & Anggia Ridjal (INA) - December 2024  
音乐: Ni Lai Le Yi Zhen Zi (你来了一阵子) (女声版) - Wang Na (王娜)



Intro : 16 Count

TAG 1 : 4 Count ( After Wall 1)

TAG 2 : 2 Count ( After Wall 3, 7 & 8 )

Restart : On Wall 4 after 16 Count (Step Change Turn ¼ L ) & On Wall 5 After 20 Count

## Section 1 : Side, Behind, Side, Forward, Recover, Backward, Coater Step

1 2&3                      Step RF to R (1), Step LF Behind RF(2), Step RF to R (&), Step LF Fwd Turning 1/8 R (13:30)  
4&5                      Recover onto RF (4), Step LF Back (&), Step RF Back with Sweep LF From Front to Back (5)  
6 7&8                      Step LF Back Sweeping RF From Front to Back(6), Step RF Back (7), Step LF Next To LF (&), Step RF Fwd (8)

## Section 2 : Forward, Pivot ½ L, Forward , Spiral Full Turn, Forward, Cerpiente, Hitch

1 2&3                      Step LF Fwd (1), Step RF Fwd (2), Turn ½ L weight on LF (&) (7:30), Step RF Fwd (3)  
4 5                      Step LF Fwd Full Turning R (4), Step RF Fwd Sweeping LF From Back To Front and turn 1/8 R (5) (09:00)  
6&7                      Cross LF Over RF (6) , Step RF to R (&), Step LF Back Hitching RF (Figure 4)  
8&                      Step RF Behind (8), Step LF to L (&)

Restart here on wall 3 after 16 Count, Restart Turn ¼ L

## Section 3 : Forward, Cross, Diamond ¼ , Scissor, Side Rock

1 2&3                      Step RF Fwd LF Sweeping LF From Back To Front(1), Cros LF Over RF (2), Step RF To R (&) Step LF Back Turning 1/8 L (3) (07:30)  
4&5                      Step RF Back (4), Step LF To L Turning 1/8 L (&) (06:0) Cross RF Over LF  
( Restart here on Wall 5 after 20 Count or 4& )  
6&7                      Step LF To L (6), Closed RF Next To LF (&), Cross LF Over RF  
8&                      Rock RF to R (8), Recover Onto LF (&)

## Section 4 : Cross Rock, Side, Cross Rock, Side, Rock Forward, Full Turn 2x

1 2&                      Cross Rock RF Over LF(1), Recover Onto LF (2), Step RF To R (&)  
3 4&                      Cross Rock LF Over RF(3), Recover Onto RF (4), Step LF To L (&)  
5 6&                      Rock RF Fwd (5), Recover Onto LF (6), Step RF Fwd Turning ½ R (&) (12:00)  
7&8                      Step LF Back Turning ½ R (7) (06:00), Step RF Fwd Turning ½ R (&) (12:00), Step LF Back Turning ½ R (8) (06:00)

### Optional :

5 6&                      Rock RF Fwd (5), Recover Onto LF (6), Step RF Back (&)  
7&8                      Step LF Back (7) , Step RF Back (&) (12:00), Step LF Back (8)

### TAG 1 : Sway (4 Count)

1 2 3 4                      Rock RF To R Swaying Hips To R (1), Recover onto LF Swaying Hips To L (2), Recover Onto RF Swaying Hips To R (3), Recover onto LF Swaying Hips To L

### TAG 2 : Sway (2 Count)

1 2                      Rock RF To R Swaying Hips To R (1), Recover onto LF Swaying Hips To L (2)

Contact : [anggiaridjal@yahoo.com](mailto:anggiaridjal@yahoo.com)

Enjoy the dance

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