

# Hurt So Good

**COPPER** KNOB  
STEPSHETS

拍数: 32      墙数: 4      级数: Beginner  
编舞者: William Sevone (UK)  
音乐: Hurt So Good - Susan Cadogan



## 2X DIAGONAL REGGAE HIP PUSHES, CROSS STEP UNWIND ½ RIGHT, 2X SWAYS

1&2      Push hips: diagonally left, back to center, diagonally left  
3&4      Push hips: diagonally right, back to center, diagonally right  
5-6      Cross step left foot over right, unwind ½ right (weight on left foot)  
7-8      Sway to right, sway to left

## DIAGONAL CHASSE RIGHT, 2X SWAYS, DIAGONAL CHASSE LEFT, SIDE STEP ½ LEFT SIDE STEP

9&10      (Moving diagonally right) step forward onto right foot, step left foot next to right, step forward onto right foot  
11-12      Sway to left, sway to right  
13&14      (Moving diagonally left) step forward onto left foot, step right foot next to left, step forward onto left foot  
15-16      Step right foot to right side, turn ½ left & step left foot to left side

## ¼ LEFT REGGAE HIP PUSH, ½ RIGHT REGGAE HIP PUSH, ¼ LEFT STEP FORWARD, PIVOT ½ LEFT, SHUFFLE FORWARD

17&18      Turn ¼ left & stepping right foot to right side-push hips to right, back to center, push hips to right  
19&20      Turn ½ right & stepping left foot to left side-push hips to left, back to center, push hips to left  
21-22      Turn ¼ left & step forward onto right foot, pivot ½ left (weight on left foot)  
23&24      Step forward onto right foot, close left foot next to right, step forward onto right foot

## STEP FORWARD, ½ RIGHT SIDE ROCK, 'HOW LOW'-LEFT, 'HOW LOW'-RIGHT, ¼ RIGHT CHASSE LEFT, ½ LEFT CHASSE RIGHT

25-26      Step forward onto left foot, turn ½ right & rock right foot to right side  
27      (Bending & straightening knees with rolling shoulders) transfer weight onto left foot,  
28      (Bending & straightening knees with rolling shoulders) transfer weight onto right foot,  
29&30      Turn ¼ right & step left foot to left side, step right foot next to left, step left foot to left side  
31&32      Turn ½ left & step right foot to right side, step left foot next to right, step right foot to right side

## REPEAT

## DANCE FINISH

The dance will finish during the music fade on count 24 of the 13th wall (6:00). To finish dance facing the 'home' (12:00) wall replace counts 23& 24 with:

23-24      Step forward onto right foot, pivot ½ left  
25      Step right foot next to left with right hand on hat brim and left hand on left hip