

Hurt Me Carefully

COPPER KNOB
STEPSHEDS

拍数: 48 墙数: 2 级数: Intermediate
编舞者: Ria Vos (NL) - January 2013
音乐: Take It Easy On Me - Beth Hart : (Album: My California)



Intro: 16 Counts on vocals

Cross with Sweep, Cross Side, 1/8 L Back, Back, 1/8 L Side, -Repeat

1-2 Cross R Over L Sweeping L Around from Back to Front, Cross L Over R
&3 Step R to Right Side, Turn 1/8 Left Step Back on L (10:30)
4& Step Back on R, Turn 1/8 Left Step L to Left Side (9:00)
5-6 Cross R Over L Sweeping L Around from Back to Front, Cross L Over R
&7 Step R to Right Side, Turn 1/8 Left Step Back on L (7:30)
8& Step Back on R, Turn 1/8 Left Step L to Left Side (6:00)

Cross Rock & Cross, 1/4 L, 1/2 L, Walk x2, Fwd Rock, Run Back x2, Back with Sweep

1-2 Cross Rock R Over L, Recover on L
&3 Step R to Right Side, Cross L Over R
4& 1/4 Turn Left Step Back on R, 1/2 Turn Left Step Fwd on L
5-6 Walk Fwd R, Walk Fwd L
7& Rock Fwd on R, Recover on L
8& Small "Run" Steps Back R-L (Option: Full Turn R)
1 Step Back on R Sweeping L Around from Front to Back

Behind Side Cross, Unwind 1/2 R, Cross, Point, Basic R, Basic L

2&3 Step L Behind R, Step R to Right Side, Cross L Over R
4&5 Unwind 1/2 Turn Right ending Weight on R, Cross L Over R, Point R to Right Side
6&7 Rock Back on R, Recover on L, Step R to Right Side
8&1 Rock Back on L, Recover on R, Step L to Left Side

Behind Side Cross, Unwind 1/2 L, Cross, Point, Drag-Hitch-Step, Fwd Rock

2&3 Step R Behind L, Step L to Left Side, Cross R Over L
4&5 Unwind 1/2 Turn Left ending Weight on L, Cross R Over L, Point L to Left Side
6&7 Drag L towards R, Small Hitch L, Step Fwd on L
8& Rock Fwd on R, Recover on L

Back Sweep, Back Sweep, Back, Rock Back, 1/2 R, 1/4 R Sway R, Sway L, Cross Shuffle

1-2-3 Step Back on R Sweeping L, Step Back on L Sweeping R, Step Back on R
4&5 Rock Back on L, Recover on R, 1/2 Turn Right Step Back on L
6-7 1/4 Turn Right Step R to Right Side Swaying Right, Sway Left
8& Cross R Over L, Step L to Left Side ***Restart Point
1 Cross R Over L Sweeping L from Back to Front

Cross, Back, 1/4 L, Cross, 1/4 R, 1/2 R, Step 1/2 Pivot R, Step Fwd, Side Rock

2&3 Cross L Over R, Step Back on R, 1/4 Turn Left Step L to Left Side
4&5 Cross R Over L, 1/4 Turn Right Step Back on L, 1/2 Turn Right Step Fwd on R
6-7 Step Fwd on L, Pivot 1/2 Turn Right
&&8 Step Fwd on L, Rock R to Right Side, Recover on L

Restart: After count 40& on Wall 2 and 4 both facing front wall

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