

Hurt Me Not

COPPER KNOB
STEPSHEETS

拍数: 64 墙数: 4
编舞者: GS Ang (MY) - May 2013
音乐: Shang Bu Qi by Jane Tan

级数: Phrased Easy Intermediate



Start the dance on vocal after 72 counts.

SOD: AA/BB/A/tag/AA/BBBB

(A) - 32 counts

SIDE, TOGETHER, SIDE, TOUCH, HAND ACTIONS

- 1-2 Step right to right side crossing wrists, step left together opening hands to sides
- 3-4 Step right to right side crossing wrists, touch left together opening hands to sides
- 5-6 Punch right fist forward to left diagonal, punch left fist forward to right diagonal
- 7-8 Raise both fists up, pull fists down

LEFT ROLLING VINE, TOUCH, TWIST HEELS

- 1-3 Left rolling vine on LRL
- 4 Touch right together
- 5-8 Twist heels RLRL

RIGHT & LEFT DIAGONAL FORWARD CHA CHA, MONTEREY 1/4 TURN RIGHT

- 1&2 Right diagonal forward cha cha on RLR
- 3&4 Left diagonal forward cha cha on LRL
- 5-6 Point right to right side, turning 1/4 right step right together
- 7-8 Point left to left side, step left together

BACK & FORWARD BASIC CHA CHA

- 1-2 Rock right forward, recover onto left
- 3&4 Cha cha backward on RLR
- 5-6 Rock left back, recover onto right
- 7&8 Cha cha forward on LRL

(B) - 32 counts

RIGHT & LEFT DIAGONAL FORWARD LOCK STEPS WITH SCUFFS

- 1-2 Along right diagonal step right forward, lock left behind right heel
- 3-4 Step right forward again, scuff left forward
- 5-6 Along left diagonal step left forward, lock right behind left heel
- 7-8 Step left forward again, scuff right forward

JUMP – TOUCH X 4

- 1-2 Jump right back diagonally, touch left together
- 3-4 Jump left back diagonally, touch right together
- 5-6 Jump right back diagonally, touch left together
- 7-8 Jump left back diagonally, touch right together

RIGHT & LEFT FORWARD TOE STRUTS, FORWARD ROCK, COASTER STEP

- 1-2 Touch right toes forward, step right heel down
- 3-4 Touch left toes forward, step left heel down
- 5-6 Rock right forward, recover onto left
- 7&8 Coaster step on RLR

FORWARD LOCK STEPS TURNING 3/4 LEFT, RIGHT & LEFT SIDE MAMBO

- 1&2& Step left forward, lock right behind left, 1/4 turn left step left forward, lock right behind left

3&4 1/4 turn left step left forward, lock right behind left, 1/4 turn left step left forward
5&6 Rock right to right side, recover onto left, step right together
7&8 Rock left to left side, recover onto right, step left together

TAG:

1-2 Step right to right side, cross-touch left behind right
3-4 Step left to left side, cross-touch right behind left

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