

Hurt So Good

COPPER KNOB
STEPSHETS

拍数: 32 墙数: 4 级数: Beginner
编舞者: Meiske Pamaputera (INA) - May 2014
音乐: Hurts So Good - John Cougar-Mellencamp



Intro : 56 counts - Restart: during wall 4 after 12 counts

Intro- optional. Leave the first 8 counts

9-24 Bend right knee (1-2), bend left knee (3-4), bend R, L, R, L (5-8). Repeat
25- 40 Step Right to right bend left knee (1-2), left down bend right knee, bend L.R. L.R (5-8).
Repeat
41- 48 Left touch fwd n shake (weight on right)
49- 56 Right touch fwd n shake (weight on left)

(1-8) Step forward touch 2x, 3 walk back, heel touch

1- 2 Step Right forward, touch left next to Right
3- 4 Step Left forward, touch right next to left
5-8 Walk back right, left, right, heel touch left to L side ("sit" on R)

(9-16) Hips n Shoulder shakes, Vine left, heel touch

9-12 Shake your hips n shoulder (show attitude)
**** Restart here on wall 4 - on count 12 left heel down. Restart step right fwd. (09;00)**
13-16 Left heel down, cross right behind left, step left, heel touch right

(17-24) Hips n Shoulder shakes, Vine right 1/ 4 turn right, hitch

17-20 Shake your hips n shoulder
21-24 Right heel down, cross left behind right, ¼ turn right step right, hitch left (03:00)

(25-32) Jazz box brush, jazz box

25-28 Cross left over right, step right back, step left to left, brush right
29-32 Cross right over left, step left back, step right to right, step left.

Repeat.

Contact: www.sagitadance.com, - www.meiske.net.