

Only Love Can Hurt Like This

COPPER KNOB
STEPSHEETS

拍数: 48 墙数: 4 级数: Easy Intermediate
编舞者: Helen Richards (UK) - May 2014
音乐: Only Love Can Hurt Like This - Paloma Faith : (iTunes)



(24 count intro – first step is taken before lyrics starts, lyrics start on second step)

Section 1: Forward Rock, Back Shuffle with ½ Turn, Back Shuffle with ½ Turn, Rock Back □

1-2 Right Rock forward. Recover onto Left.
3&4 Shuffle step backwards with ½ turn, starting on the right.
5&6 Shuffle step backwards with ½ turn, starting on the left.

Option □ Counts 3&4, 5&6 Shuffle back (without turns) x2 □ □

7-8 Right Rock Back, Recover onto Left.

Section 2: □ Full Turn, Rock, Cross Shuffle, Sway, Sway □

1&2 Full Turn (Stepping Right, Left, Right)
Option □ Counts 1&2 Right Step. Left Step, Right Step □ □
3-4 Left Rock Back. Recover onto Right
5-6 (To the left diagonal) Cross Left over Right. Step Right to the side. Cross Left over Right
7-8 Step Right to side Sway Right. Sway Left.

Section 3: Side Rock, Cross Shuffle, Side Rock, Cross Behind, Step ¼ Turn, Step □

1-2 Right Side Rock. Recover onto Left.
3&4 Right Cross shuffle.
5-6 Left Side Rock. Recover onto Right.
7&8 Left Cross behind right. ¼ turn stepping onto right. Left Step.

Restart □ Wall 2: Restart dance from beginning □ □

Section 4: Rock, Shuffle, Full Turn, Shuffle □

1-2 Right Rock Forward. Recover on left. (keeping left foot behind)
3&4 Right Shuffle Forward.
5-6 Full Turn (travelling forward over two steps, Left, Right).

Option □ Counts 5-6 Walk forward Step Left, Step Right. □ □

7&8 Left Shuffle Forward.

Restart □ Wall 5: Hold for music to restart - Restart dance from beginning (on lyric "This") □

Section 5: Rock & Rock, Point behind ½ Turn, Shuffle. □

1-2 Right Rock Forward. Recover onto Left.
& Use the "&" beat to swap weight from Left to Right.
3-4 Left Rock Forward. Recover onto Right.
5-6 Point Left leg behind. ½ Turn stepping onto the Left.
7&8 Right Forward shuffle.

Section 6: □ Cross, Step, Step, Cross, Step, Step, Step ½ Turn, Side Step, Step, Cross □

1&2 Cross Left over Right, Right Step behind, Left Step (bringing both feet back together)
3&4 Cross Right over Left, Left Step behind, Right Step (bringing both feet back together)
5-6 Step Left, ½ Turn (stepping onto Right)
7&8 Left Side Step. Right Step, Cross Left Step (cross Left over Right)

Restart: Two Restarts – Wall 2 and Wall 5

Ending: Wall 8: Dance to count 26 (Right Rock Forward. Recover on Left)
Right Point Cross back – right over left. End of Dance. □

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