

# Hurting On Me

COPPER KNOB  
STEPSHEETS

拍數: 64      牆數: 2      級數: Improver / Intermediate  
編舞者: Sophie Ruhling (FR) - March 2019  
音樂: Hurtin' on Me (feat. Chris Carmack) - Nashville Cast



#48 count intro - 3 TAG - 1 RESTART - 1 ENDING

Based on the dance Sounds Like Love choreographed by Sophie Ruhling in August 2018, but with different tags and restarts

## SECT.1 : LOCKED TRIPLE R BACK, HOLD, COASTER STEP L BACK, HOLD

1-2            back R, back L locked over R  
3-4            back R , hold  
5-6            back L, back R beside L  
7-8            walk L, hold

## SECT.2 : LOCKED TRIPLE R FWD, HOLD, POINT L SIDE, TOUCH L BESIDE R, POINT L SIDE, HOLD

1-2            walk R, walk L locked behind R  
3-4            walk R, hold  
5-6            point L to L side, touch L beside R  
7-8            point L to L side, hold

\*restart here wall 4 (6.00): step L in place on count 8

## SECT.3 : SAILOR STEP L, HOLD, POINT R SIDE, TOUCH R BESIDE L, POINT R SIDE, HOLD

1-2            cross L behind R, step R to R side  
3-4            step L to L side, hold  
5-6            point R to R side, touch R beside L  
7-8            point R to R side, hold

## SECT.4 : SAILOR STEP R, HOLD, 1/2 TURN L TRIPLE STEP L, HOLD

1-2            cross R behind L, step L to L side  
3-4            step R to R side, hold  
5-6            1/4 turn L step L to L side, step R beside L (9.00)  
7-8            1/4 turn L walk L, hold (6.00)

## SECT.5 : R DIAGONAL TRIPLE STEP R FWD, HOLD, L DIAGONAL TRIPLE STEP L FWD, HOLD

1-2            walk R diagonal R, walk L beside R  
3-4            walk R diagonal R, hold  
5-6            walk L diagonal L, walk R beside L  
7-8            walk L diagonal L, hold

## SECT.6 : STEP R SIDE, SLIDE & STEP L BESIDE R, CROSS R OVER L, HOLD, STEP L SIDE, SLIDE & STEP R BESIDE L, CROSS L OVER R, HOLD

1-2            step R to R side, slide and step L beside R  
3-4            cross R over L, hold  
5-6            step L to L side, slide and step R beside L  
7-8            cross L over R, hold

\*ending here wall 9 (12.00) : stomp R to R side

## SECT.7 : 1/2 TURN R TRIPLE STEP R FWD, HOLD, 1/2 TURN R TRIPLE STEP L BACK, HOLD

1-2            1/4 turn R step R to R side, step L beside R (9.00)  
3-4            1/4 turn R walk R, hold (12.00)  
5-6            1/4 turn R step L to L side, step R beside L (3.00)

7-8 1/4 turn R back L, hold (6.00)

**SECT.8 : RUMBA BOX R AND BACK, HOLD, RUMBA BOX L AND FWD, HOLD**

1-2 step R to R side, step L beside R

3-4 back R, hold

5-6 step L to L side, step R beside L

7-8 walk L, hold

**\*tag here walls 3 (6.00) & 6 (6.00) & 7 (12.00) : repeat sections 7&8**

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