

# Stop This Hurt

COPPER KNOB  
STEPSHEETS

拍數: 64      牆數: 4      級數: Intermediate  
編舞者: Diane Capron (USA) - November 2021  
音樂: Stop Making This Hurt - Bleachers : (Album: Take the Sadness Out of Saturday Night)



Intro: 32 counts (16 counts after the main beat)

## SECTION 1: SIDE SHUFFLE, CROSS ROCK RECOVER, LINDY SHUFFLE

1&2      Step R to right side, step L beside right, step R to right side  
3-4      Step L across right, recover R in place  
5&6      Step L to left side, step R beside left, step L to left side  
7-8      Rock R behind left, recover L in place (12:00)

## SECTION 2: ½ TURNING SHUFFLE, ½, ¼, SAILOR ¼ TURN, SKATE SKATE

1&2      Step R to right side while turning ¼ to left, step L beside right, step R 1/4 back while turning ¼ to left (6:00)  
3-4      Making a ½ turn over left shoulder step L forward (12:00), making a ¼ turn over left shoulder step R to right side (9:00)  
5&6      Sweep/Step L behind right, Step R ¼ turn over left shoulder to right side, Step L forward (6:00)  
7-8      Skate R forward, Skate L forward (6:00)

\*(Non-turning option:

\*3-4 Walk L back, Walk R back

\*5&6 Coaster step - Step L back, step R beside left, step L forward)

## SECTION 3: R MAMBO FORWARD, BACK ROCK RECOVER, PIVOT ¼ CROSS, SIDE TOGETHER

1&2      Rock R forward, Recover L, Step R next to left  
3-4      Rock L back, recover on R (6:00)  
5&6      Step L forward, pivot ¼ turn to the right, step L across right (9:00)  
7-8      Big Step R to right side, close L drawing foot next to right (9:00)

## SECTION 4: SIDE TOGETHER FORWARD, FORWARD ROCK RECOVER, COASTER CROSS, SWAY R L

1&2      Step R to right side, Step L beside right, Step R forward  
3-4      Rock L forward, recover on R  
5&6      Step L back, step R beside left, step L across right  
7-8      Sway R to right side, Sway L to left side (9:00)

\*\*RESTART here on wall 2 after 32 counts facing 12:00

## SECTION 5: CROSS SAMBA, CROSS POINT, CROSS SAMBA, CROSS POINT

1&2      Step R across left, Rock ball of L side left, Step R in place  
3-4      Step L across right, Point R to side right  
5&6      Step R across left, Rock ball of L side left, Step R in place  
7-8      Step L across right, Point R to side right (9:00)

## SECTION 6: SAILOR ¼ TURN, WALK WALK, CHASE ½ TURN, KICK BALL CHANGE

1&2      Sweep/Step R behind left, Step L ¼ turn over right shoulder to side, Step R forward (12:00)  
3-4      Step L forward, Step R forward  
5&6      Step L forward, Pivot ½ turn right taking weight on the right, Step L forward (6:00)  
7&8      Kick R forward, Rock ball of R back, Step L slightly forward (6:00)

## SECTION 7: CROSS, BACK, SHUFFLE ¼, CHASE ½ TURN, FULL TURN LEFT

1-2      Step R across left (bending your knees slightly), Step L back

- 3&4 Step R to right side, step L beside right, step R to right side while turning ¼ to right (9:00)  
5&6 Step L forward, Pivot ½ turn to the right taking weight on the right, Step L forward preparing for turn (3:00)  
7-8 Make ½ turn left stepping back on R, make ½ turn left stepping forward on L (3:00)  
**(Non-turning option: Walk R forward, Walk L forward)**

**SECTION 8: FORWARD ROCK RECOVER, COASTER CROSS, SIDE BEHIND AND HEEL AND CROSS**

- 1-2 Rock R forward, recover on L  
3&4 Step R back, step L beside left, step R across left  
5-6 Step L to side, step R behind left  
&7 Step L back, touch R heel diagonal forward  
&8 Step R back, step L across right (3:00)

**Repeat**

**\*\*RESTART on wall 2 after 32 counts facing 12:00**

**\*\*ENDING on wall 6 after 40 counts, Touch Unwind, to finish at 12:00:**

- 9-10 Touch R behind left, Unwind ½ turn right taking weight on right.

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