Lyrics Can Hurt



編舞者: Urban Danielsson (SWE) - May 2023 音樂: Be Careful with That Song - Josiah Siska



Intro 16 counts

Restart on wall 2, 3 and 5

Section 1: Point, together, point, together, heel, walk back, back, coaster step, step forward.

1&2 Point right toes to right side, step right next to left, point left toes to left side.

&3–4 Step left next to right, touch right heel forward, step right foot back

5 Step left foot back.

Step right foot back, step left next to right, step right foot forward.

8 Step left foot forward.

Section 2: Pivot ½ turn, walk forward, shuffle forward, rock-recover, coaster step.

1–2 Pivot ½ turn to right step down on right foot forward, step left foot forward

3&4 Step right forward, step left next to right, step right foot forward.

5–6 Rock left foot forward, recover weight onto right foot

7&8 Step left foot back, step right next to left, step left foot forward.

Note: Restart on wall 3.

Section 3: Heel, together heel, together, point, step behind, side, shuffle back, ¼ turn step side.

Touch right heel forward, step right next to left, tocuh left heel forward. Step left next to right, point right to right side, step right behind of left

5 Step left to left side.

Step back on right, step left next to right, step back on right.

8 ½ turn left step left to left side.

Section 4: Step cross, back, kick-ball-cross, 1/4 turn walk forward, walk, rock-recover.

1–2 Step right across in front of left, step left foot back

3&4 Kick right diagonally to right, step right next to left, step left across in front of right (turning

body to right)

5–6 ½ turn right step right foot forward, step left foot forward

Note: Restart on wall 2 and 5.

7–8 Rock right foot forward, recover weight onto left

RESTART and ENJOY!