

Lyrics Can Hurt

拍數: 32 牆數: 2 級數: Improver
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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.
6&7 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.

1&2 Touch right heel forward, step right next to left, touch left heel forward.
&3-4 Step left next to right, point right to right side, step right behind of left
5 Step left to left side.
6&7 Step back on right, step left next to right, step back on right.
8 ¼ turn left step left to left side.

Section 4: Step cross, back, kick-ball-cross, ¼ 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 ¼ 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!