

# U Hurt Me Bad

**COPPER** KNOB  
STEPSHEETS

拍數: 64      牆數: 4      級數: Intermediate  
編舞者: Stephen Sunter (UK)  
音樂: Hurt Me So Bad (Almighty Radio Edit) - Lulu



## **RIGHT CROSS ROCK, LEFT CROSS ROCK, IN FRONT, RIGHT ½ TURN, ROCK FORWARD**

1&2      Right rock forward and across left, replace weight back to left, step right next to left  
3&4      Left rock forward and across right, replace weight back to right, step left next to right  
5-6      Step right in front of left, step left to left side making a ¼ turn right  
7-8      Make a ¼ turn right on ball of left foot stepping right to right side, rock left forward and across right

## **ROCK BACK, STEP LEFT, RIGHT SAILOR, LEFT SAILOR, RIGHT BEHIND, UNWIND ½ TURN RIGHT**

9-10      Replace weight to right, step left to left side  
11&12      Step right behind left, step left to left, step right to right  
13&14      Step left behind right, step right to right, step left to left  
15-16      Cross right behind left, unwind ½ turn right, (weight ends on right)

## **LEFT CROSS ROCK, RIGHT CROSS ROCK, IN FRONT, LEFT ½ TURN, ROCK FORWARD**

17&18      Left rock forward and across right, replace weight back to right, step left next to right  
19&20      Right rock forward and across left, replace weight back to left, step right next to left  
21-22      Step left in front of right, step right to right side making a ¼ turn left  
23-24      Make a ¼ turn left on ball of right foot stepping left to left side, rock right forward and across left

## **ROCK BACK, STEP RIGHT, LEFT SAILOR, RIGHT SAILOR, LEFT BEHIND, UNWIND ½ TURN LEFT**

25-26      Replace weight to left, step right to right side  
27&28      Step left behind right, step right to right, step left to left  
29&30      Step right behind left, step left to left, step right to right  
31-32      Cross left behind right, unwind ½ turn left, (weight ends on left)

## **HEEL & HEEL & TOE & TOE, ¼ TURN HEEL & TOUCH, ROMP & STEP**

33&34&      Touch right heel forward, step right home, touch left heel forward, step left home  
35&36&      Touch right toe back, step right home, touch left toe back, step left home making a ¼ turn left  
37&38      Touch right heel forward, step right home, touch left next to right  
&39&40      Step back left, touch right heel forward, step right home, step forward left

## **RIGHT SHUFFLE, LEFT ROCK STEP, LEFT COASTER, STEP RIGHT, LEFT ½ PIVOT T**

41&42      Shuffle forward right, left, right  
43-44      Rock forward left, replace weight to right  
45&46      Step back left, step right next to left, step forward left  
47-48      Step forward right, pivot ½ turn left

## **RIGHT SHUFFLE, LEFT ROCK STEP, LEFT COASTER, STEP RIGHT, LEFT ½ PIVOT T**

49&50      Shuffle forward right, left, right  
51-52      Rock forward left, replace weight to right  
53&54      Step back left, step right next to left, step forward left  
55-56      Step forward right, pivot ½ turn left

## **STEP RIGHT, ½ PIVOT LEFT, FULL SPIN, TOUCH SIDE RIGHT, LEFT, RIGHT, HOLD**

57-58      Step forward right, pivot ½ turn left  
59-60      Full spin on ball of left foot, turning left and touch right next to left

**If you don't want to do the spin, replace with stepping right-left on 59&, then touch right on 60**

61&62            Touch right to right side, step right home, touch left to left side

&63-64           Step left home, touch right to right side, hold and snap fingers

**REPEAT**

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