

# I'm Really Hurt

COPPERKNOB  
STEPSHEETS

拍數: 64      牆數: 4  
編舞者: Sally Hung (TW) - February 2012  
音樂: I'm Really Hurt - T-ara

級數: Phrased Beginner



Dance sequence: Intro AABB/AABB/AABB/A  
Start the dance from 32 counts of the song

## Introduction:- (32 counts)

1-8            Twist to the R, twist to the L  
1-8            Step R to the R, cross L over R, step R back, step L to the L  
1-8            Twist to the L, twist to the R  
1-8            Step L to the L, cross R over L, step L back, step R to the R

## AI. HEEL TWISTS

1-4            With R foot in front, twist both heels RLR  
5-8            With L foot in front, twist both heels LRL

## AII. SIDE TOE STRUT, CROSS TOE STRUT, SIDE-ROCK, CROSS, HOLD

1-2            Touch R toes to R, step R heel down  
3-4            Touch L toes over R, step L heel down  
5-6            Rock R to R, recover onto L  
7-8            Cross R over L, hold

## AIII. SIDE TOE STRUT, CROSS TOE STRUT, SIDE-ROCK, CROSS, HOLD

1-2            Touch L toes to L, step L heel down  
3-4            Touch R toes over R, step R heel down  
5-6            Rock L to L, recover onto R  
7-8            Cross L over R, hold

## AIV. DOUBLE KICK, DOUBLE KICK, ½ TURN L BY RUNNING

1-4            Kick R twice diagonal to the L, kick L twice diagonal to the R  
5-8            ½ turn L by running LRLR

## BI. ROCK SIDE, RECOVER, JUMP BOTH FEET TO THE R, ROCK SIDE, RECOVER, JUMP BOTH FEET TO THE L

1-2            Rock R to the R, recover on L  
3-4            Jump both feet at the same time to the R side  
5-6            Rock L to the L, recover on R  
7-8            Jump both feet at the same time to the L side

## BII. STEP SIDE, STEP BESIDE, SLIDE, HOLD, STEP SIDE, STEP BESIDE, SLIDE, HOLD

1-2            Step R to the side, step R beside L  
3-4            Slide R to the side, hold  
5-6            Step L to the side, step L beside R  
7-8            Slide L to the side, hold

## BIII. ROCK FWD, ROCK BACK, ROCK FWD, ROCK BACK

1-4            Rock R fwd, rock R back  
5-8            Rock R fwd, rock R back

## BIV. ¼ TURN R, TWIST TO THE R, TWIST TO THE L

1-4            ¼ Turn R twisting to the R

5-8

Twist to the L

Happy Dancing!

Contact Sally Hung: [hung1125@gmail.com](mailto:hung1125@gmail.com)

---