

I Am Hurt (Aku Yg Tersakiti)

COPPER KNOB
BY STEPHENETS

拍數: 64 牆數: 2 級數: Advanced
編舞者: Bambang Satiyawan (INA) - September 2012
音樂: Aku Yang Tersakiti - Judika



(Start Dancing on Vocal)

I. UNWIND FULL TURN – SWEEP – BEHIND – SIDE – CROSS – TURN ¼ STEPPING BACK – TURN ¼ STEPPING SIDE – NEW YORK

1 - 2 Touch R Over L make Full Turn Left – Sweep L Front to Back
3 & 4 Cross L Behind R – Step R to Side – Cross L Over R
& 5 Turn ¼ Left Step R Back – Turn ¼ Left Step L to Side
6 & 7 Rock R Over L – Recover On L – Step R to Side
8 & Rock L Over R – Recover on R

II. TURN ¼ STEPPING FORWARD – STEP FORWARD – TURNING ¼ STEP IN PLACE – CROSS – TURN ¼ STEPPING BACK – TURN ¼ STEPPING SIDE – TURN ¼ STEPPING FORWARD – SWEEP – STEP FORWARD – SWEEP – STEP FORWARD – SWEEP - ROCK

1 - 2 Turn ¼ Left Step L Forward – Step R Forward
& 3 Turn ¼ Left Step L in Place – Cross R Over L
4 & 5 Turn ¼ Right Step L Back – Turn ¼ Right Step R to Side – Turn ¼ Right Step L Forward
& 6 Sweep R to Front – Step R Forward
& 7 Sweep L to Front – Step L Forward
& 8 Sweep R to Front – Rock R Forward

** 1st TAG AND RESTART HERE

III. RECOVER – TURN ¼ STEPPING SIDE – BOTAFOGO - SYNCOPATED – CROSS ROCKING CHAIR

& 1 Recover on L – Turn ¼ Right Step R to Side
2 & 3 Cross L Over R – Ball R to Side – Step L in Place
4 & 5 Cross R Over L – Ball L to Side – Step R in Place
6 & 7 Rock L Cross Over R – Recover on R – Rock L Diagonal Back
& 8 & Recover on R – Rock L Cross Over R – Recover on R

** 2nd TAG AND RESTART HERE

IV. SIDE STEP – UNWIND FULL TURN – SIDE STEP – CROSS ROCK – RECOVER – SIDE STEP – UNWIND FULL TURN - SWAY

1 - 2 Step to Side – Unwind Full Turn
3 - 4& Step L to Side – Cross Rock R Over L – Recover on L
5 - 6 Step R to Side – Unwind Full Turn
7 - 8 Sway to Right - Left

V. BACK ROCK RECOVER – TOGETHER TURN ½ LEFT – BACK ROCK RECOVER – TOGETHER - TURN ¼ RIGHT – BACK ROCK RECOVER – TOGETHER TURN ½ LEFT – BACK ROCK – RECOVER TURN ¼ RIGHT

1 - 2& Rock R Back – Recover on L – Close R to L Turning ½ Left
3 - 4& Rock L Back – Recover on R – Close L to R Turning ¼ Right
5 - 6& Rock R Back – Recover on L – Close R to L Turning ½ Left
7 - 8 Rock L Back – Recover on R and Flick Your L Turning ¾ Right (Poros on R)

VI. WAVE – HITCH TURN ¼ LEFT – BACK TOUCH WITH BENT – DRAG – PIVOT ½ LEFT

1 & 2 Cross L Over R – Step R to Side – Cross L Behind R
& 3 - 4 Step R to Side – Cross L Over R – Turn ¼ Left Hitch Your R
5 - 6 Touch R Back With Bent Your L – Going Up Drag R to L

7 - 8 Step R Forward – Turn ½ Left Poros and Weight on R (Point on L)

VII. FULL TURN RIGHT (POROS ON L HOOK YOUR R) LOCK SHUFFLE – PIVOT ½ RIGHT – FORWARD STEP – TRIPLE TURN LEFT TRAVELLING

1 Full Turn Right Poros on L Point and hook your R
2 & 3 Step R Forward – Lock L to R – Step R Forward
4 & 5 Step L Forward – Turn ½ Right Weight on R – Step L Forward
6 & 7 & 8 & Make a Triple Turn Left Travelling Forward R–L–R–L–R–L (With Ending Step L Forward)

VIII. TURN ¼ LEFT LONG SIDE STEP – TOGETHER – CROSS OVER – LONG SIDE STEP – TOGETHER - CROSS OVER – R HITCH – SIDE STEP – CROSS OVER – R HITCH – SIDE STEP – SIDE STEP

1 – 2 & Turn ¼ Left Long Step R to Side – Close L Slightly to R – Cross R Over L
3 – 4 & Long Step L to Side – Close R Slightly to L – Cross L Over R
5 & 6 & Hitch R (Point on L) – Step R to Side – Close L to R – Hitch R (Slightly Jump)
7 - 8 Step R to Side – Step L to Side

*** 1st TAG AND RESTART: ON WALL 2 AFTER 16 COUNTS – (& COUNT) DO TURN 1/4 LEFT RECOVER ON L AND THEN RESTART**

**** 2nd TAG AND RESTART: ON WALL 4 AFTER 24 COUNTS – (1-4 COUNTS) DO A LONG SIDE STEP AND DRAG YOUR R FOR 4 COUNTS AND THEN RESTART**

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Last Revision - 2nd March 2012
