

# Hurt Me Carefully

COPPER KNOB  
BY STEPHEN

拍數: 48      牆數: 2      級數: Intermediate  
編舞者: Ria Vos (NL) - January 2013  
音樂: Take It Easy On Me - Beth Hart : (Album: My California)



Intro: 16 Counts on vocals

## Cross with Sweep, Cross Side, 1/8 L Back, Back, 1/8 L Side, -Repeat

1-2      Cross R Over L Sweeping L Around from Back to Front, Cross L Over R  
&3      Step R to Right Side, Turn 1/8 Left Step Back on L (10:30)  
4&      Step Back on R, Turn 1/8 Left Step L to Left Side (9:00)  
5-6      Cross R Over L Sweeping L Around from Back to Front, Cross L Over R  
&7      Step R to Right Side, Turn 1/8 Left Step Back on L (7:30)  
8&      Step Back on R, Turn 1/8 Left Step L to Left Side (6:00)

## Cross Rock & Cross, ¼ L, ½ L, Walk x2, Fwd Rock, Run Back x2, Back with Sweep

1-2      Cross Rock R Over L, Recover on L  
&3      Step R to Right Side, Cross L Over R  
4&      ¼ Turn Left Step Back on R, ½ Turn Left Step Fwd on L  
5-6      Walk Fwd R, Walk Fwd L  
7&      Rock Fwd on R, Recover on L  
8&      Small "Run" Steps Back R-L (Option: Full Turn R)  
1      Step Back on R Sweeping L Around from Front to Back

## Behind Side Cross, Unwind ½ R, Cross, Point, Basic R, Basic L

2&3      Step L Behind R, Step R to Right Side, Cross L Over R  
4&5      Unwind ½ Turn Right ending Weight on R, Cross L Over R, Point R to Right Side  
6&7      Rock Back on R, Recover on L, Step R to Right Side  
8&1      Rock Back on L, Recover on R, Step L to Left Side

## Behind Side Cross, Unwind ½ L, Cross, Point, Drag-Hitch-Step, Fwd Rock

2&3      Step R Behind L, Step L to Left Side, Cross R Over L  
4&5      Unwind ½ Turn Left ending Weight on L, Cross R Over L, Point L to Left Side  
6&7      Drag L towards R, Small Hitch L, Step Fwd on L  
8&      Rock Fwd on R, Recover on L

## Back Sweep, Back Sweep, Back, Rock Back, ½ R, ¼ R Sway R, Sway L, Cross Shuffle

1-2-3      Step Back on R Sweeping L, Step Back on L Sweeping R, Step Back on R  
4&5      Rock Back on L, Recover on R, ½ Turn Right Step Back on L  
6-7      ¼ Turn Right Step R to Right Side Swaying Right, Sway Left  
8&      Cross R Over L, Step L to Left Side \*\*\*Restart Point  
1      Cross R Over L Sweeping L from Back to Front

## Cross, Back, ¼ L, Cross, ¼ R, ½ R, Step ½ Pivot R, Step Fwd, Side Rock

2&3      Cross L Over R, Step Back on R, ¼ Turn Left Step L to Left Side  
4&5      Cross R Over L, ¼ Turn Right Step Back on L, ½ Turn Right Step Fwd on R  
6-7      Step Fwd on L, Pivot ½ Turn Right  
&&      Step Fwd on L, Rock R to Right Side, Recover on L

Restart: After count 40& on Wall 2 and 4 both facing front wall

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