

Can't Bear the Hurt

COPPER KNOB
STEP SHEETS

拍數: 64 牆數: 2 級數: Phrased Intermediate
編舞者: Kenny Teh (MY) - January 2013
音樂: Shang Bu Qi (傷不起) - Lao Mao (老貓) & Wang Lin (王麟)



Sequence of dance: AA BB Tag AA BBBB

Start the dance on vocals:

A: 32 counts

Section 1

1 2 3 4 Rock R fwd, recover L, rock R back, recover L,
5 6 7 8 Rock R fwd, recover L, ¼ R turn step R, cross L over R (3.00)

Section 2

1 2 3 4 Step R, step L behind R, ¼ R turn step R fwd, step L fwd (6.00)
5 6 7 8 ½ R turn step R fwd, ¼ R turn step L, step R behind L, ¼ L turn step L fwd (12.00)

Section 3

1 2 3 4 Touch R to R, ¼ L turn touch R to R, ¼ L turn touch R to R, step R beside L (6.00)
5&6 7&8 Rock L, recover R, step L together, Rock R, recover L, step R together

Section 4

1&2& Touch L to L, step L together, touch R to R, step R together
3&4& Touch L fwd, step L together, touch R fwd
5&6 7&8 Bump RLR, bump LRL

B: 32 counts

Section 1

1 2 3 4 Cross R over L, step L back, ¼ R turn step R, step L (3.00)
5 6 7 8 Cross R over L, step L back, ¼ R turn step R, step L (6.00)

Section 2

1&2&3&4 Arc ½ right as you lead with R foot going: step, ball, step, ball, step, ball, step (12.00)
5&6&7&8 Arc ½ left as you lead with L foot going: step, ball, step, ball, step, ball, step (6.00)

Section 3

1&2 3&4 Right mambo, L mambo
5&6 7&8 Fwd mambo, back mambo

Section 4

1&2&3&4 Move fwd as you lead with R foot going: step, ball, step, ball, step, ball, step
5&6 7&8 Kick L, step down on L, touch R fwd, bump hips weight remaining on L

Repeat

TAG: 64 counts

Section 1

1 2 3 4 Cross R over L, step L back, ¼ R turn step R, step L (3.00)
5 6 7 8 Cross R over L, step L back, ¼ R turn step R, step L (6.00)

Section 2

1 2 3 4 Cross R over L, step L back, ¼ R turn step R, step L (9.00)
5 6 7 8 Cross R over L, step L back, ¼ R turn step R, step L (12.00)

Section 3

1 2 3 4

Step R, cross L over, step R, step L behind R

5 6 7&8

Step R, touch L diagonally L, bump and bump RLR as you look over the right shoulder and push both hands up and down

Section 4

1 – 8

Mirror above 8 steps

Section 5

1&2 3&4

Right shuffle back diagonally R, Left shuffle back diagonally L

5&6 7&8

Right shuffle back diagonally R, Left shuffle back diagonally L

Section 6

1 2 3 4

Skate R, skate L, skate R, hold

5 6 7 8

Skate L, skate R, skate L, hold

Section 7

1 2 3 4

Tap R, tap R, big step R, touch L together

5 6 7 8

Tap L, tap L, big step L, touch R together

Section 8

1 2 3 4

R out, L out, R in, L in

5 6

Jump both feet wide stretch both hands out, jump feet together and bring fists crossed together

7&8

Bend, straighten, bend knees with the hands still crossed

Contact: kennyteho@yahoo.com**Facebook:** <https://www.facebook.com/kenny.teh.94#!/kenny.teh.94>
