

# Hurt Me Carefully

48 count, 2 wall, intermediate level

Choreographer: Ria Vos (January 2013)

Choreographed to: Song by Beth Hart

Intro: 16 counts, start on vocals

**Section 1 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)

**Section 2 Cross Rock & Cross, 1/4 L, 1/2 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& 1/4 Turn Left Step Back on R, 1/2 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

**Section 3 Behind Side Cross, Unwind 1/2 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 1/2 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

**Section 4 Behind Side Cross, Unwind 1/2 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 1/2 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

**Section 5 Back Sweep, Back Sweep, Back, Rock Back, 1/2 R, 1/4 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, 1/2 Turn Right Step Back on L  
 6-7 1/4 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

**Section 6 Cross, Back, 1/4 L, Cross, 1/4 R, 1/2 R, Step 1/2 Pivot R, Step Fwd, Side Rock**

2&3 Cross L Over R, Step Back on R, 1/4 Turn Left Step L to Left Side  
 4&5 Cross R Over L, 1/4 Turn Right Step Back on L, 1/2 Turn Right Step Fwd on R  
 6-7 Step Fwd on L, Pivot 1/2 Turn Right  
 &8& 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*

Quelle:

Linedancer Magazine, 166 Lord Street, Southport, United Kingdom, PR9 0QA

Tel: +44 (0)1704 392300 Fax: +44 (0)1704 501678

www.linedancermagazine.com