

Hit Me Where It Hurts

COPPER KNOB
STEPSHEETS

Count: 48

Wall: 4

Level: Intermediate

Choreographer: Karl-Harry Winson (UK) - July 2017

Music: Bad Word - Panicland



Music Available to download from [amazon.co.uk](https://www.amazon.co.uk)

Intro: 8 Counts (Start on Vocals "Hey Hey")

Side Step. Left Sailor Step. Right Sailor Step. 1/4 Turn Left x2. Sailor 1/2 Cross.

- 1 Step Right to Right side (Dip slightly as you do this).
- 2&3 Cross Left behind Right. Step out on Right. Step out on Left (Dip slightly as you do this).
- 4&5 Cross Right behind Left. Step out on Left. Step out on Right.
- 6 – 7 Pivot 1/4 Turn Left (9.00). Turn 1/4 Turn Left stepping Right to Right side (6.00).
- 8&1 Cross Left behind Right making 1/2 turn Left. Step Right beside Left. Cross step Left over Right (12.00).

Hold. Ball-Cross. Point Side. Point Forward. Hitch Knee. 1/4 Right. Toe Point.

- 2&3 Hold. Step Right beside Left. Cross step Left over Right.
- 4 – 5 Point Right toe out to Right side. Point Right toe forward.
- 6 – 7 Hitch Right knee up. Turn 1/4 Right stepping Right out to Right side (3.00).
- 8 Point Left toe out to Left side.

1/4 Turn. 1/4 Rock. Cross. Side Step. Back Rock. Kick Ball-Cross.

- 1&2 Turn 1/4 Left putting weight onto Left. Turn 1/4 Left rocking Right to Right side. Recover weight on Left.
- 3 – 4 Cross Right over Left. Step Left out to Left side (9.00).
- 5 – 6 Rock back on Right. Recover weight on Left.
- 7&8 Kick Right to Right diagonal. Step Right beside Left. Cross step Left over Right (9.00).

Side-Drag. 1/2 Box Turn Left. Left Sailor Step. Cross. Side.

- 1 – 2 Step big step out to Right side. Drag Left foot up towards Right (weight still on Right).
- 3 – 4 Turn 1/4 Left stepping Left out to Left side (6.00). Turn 1/4 Left stepping Right out to Right side (3.00).
- 5&6 Cross Left behind Right. Step Right to Right side. Step out on Left.
- 7 – 8 Cross Right over Left. Step Left out to Left side.

Touch Behind (with attitude). Hold. Side. Behind & Cross Touch. Hold. & Touch. Ball-Step.

- 1 Touch Right behind Left. (Look to Left as you do this whilst Left Hand is out to Left side with palm facing front and. Right Hand across body with Palm facing inwards.....do this with attitude).
- 2 – 3 Hold. Step Right out to Right side.
- 4&5 Cross Left behind Right. Step Right out to Right side. Touch Left toe across Right.
- 6& Hold. Step Left in place beside Right.
- 7&8 Touch Right toe beside Left. Put weight down on Right. Step forward on Left (3.00).

Forward Rock. Full Turn (Travelling Back). Back Rock. Kick Ball-Step.

- 1 – 2 Rock Right forward. Recover weight on Left.
- 3 – 4 Turn 1/2 Right stepping Right forward (9.00). Turn 1/2 Right stepping back on Left (3.00).
- 5 – 6 Rock back on Right. Recover weight forward on Left.
- 7&8 Kick Right forward. Step Right beside Left. Step forward on Left.

TAG: **16 Count Tag: Happens at the end of Walls 1 (3.00) and 3 (9.00)

Right Dorothy Step. & Heel-Hold. Ball-Cross. 1/4 Turn Right x2. Step Forward.

- 1 – 2 Step Right to Right diagonal. Lock Left behind Right.
- &3-4 Step Right to Right diagonal. Dig Left heel to Left Diagonal. Hold.
- &5-6 Step Left beside Right. Cross step Right over Left. Turn 1/4 Right stepping Left back (6.00).
- 7 – 8 Turn 1/4 Right stepping Right forward (9.00). Step forward on Left (9.00).

Forward Rock. & Touch. Hip Bump. Ball-Forward Rock. 1/2 Turn Right. Step.

- 1 – 2 Rock forward on Right. Recover weight on Left.
- &3 Step back on Right. Touch Left toe forward.
- &4 Bump Left hip forward. Recover Hip.
- &5-6 Step Left beside Right. Rock Right forward. Recover weight on Left.
- 7 – 8 Turn 1/2 Right walking forward on Right (3.00). Walk forward on Left (3.00).

TAG: *4 Count Tag Happens at the End of Wall 5 (3.00).**

Walk Around in a Circle over Right should for 4 Counts Stepping: Right, Left, Right, Left.

- 1 – 2 Turn 1/4 Right Walk forward on Right. Turn 1/4 Right walking forward on Left.
- 3 – 4 Turn 1/4 Right Walk forward on Right. Turn 1/4 Right walking forward on Left. (3.00).

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