

Hurt Me Carefully

Count: 48

Wall: 2

Level: Intermediate

Choreographer: Ria Vos (NL) - January 2013

Music: 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
- &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

Contact: dansenbijria@gmail.com

