

# Hurt Inside

**COPPER KNOB**  
STEPPERS

拍数: 32      墙数: 2      级数: Improver  
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音乐: I Have Been Lonely - Blake Shelton



**Intro: 32 count - No Tag, No Restart**

**Section 1: Side. Touch. Kick Ball Cross. Side. Touch. Kick Ball Cross.**

- 1-2      Step right to right. Touch left beside right.
- 3&4      Kick left forward. Step left beside right. Cross right over left.
- 5-6      Step left to left. Touch right beside left.
- 7&8      Kick right forward. Step right beside left. Cross left over right.

**Section 2: Step. 1/2 Turn left. Shuffle 1/2 Turn back. Tap unwind 1/2 left. Toes. 1/2 turn left.**

- 1-2      Step forward on right. turn 1/2 left.
- 3&4      Shuffle 1/2 turn back over left shoulder stepping right, left, right.
- 5-6      Tap left toes back. Unwind 1/2 left.
- 7-8      Touch right toes forward. Unwind 1/2 left.

**Section 3: Back Rock. Forward Full Spiral Turn. Forward Shuffle. Forward Rock.**

- 1-2      Rock back on left. Recover onto right.
- 3-4      Step forward on left spinning a full turn forward over right shoulder.
- 5&6      Step forward on right. Close left beside right. Step forward on right.
- 7-8      Rock forward on left. Recover onto right.

**Section 4: Back Lock Step. Tap Unwind 1/2 right. Forward Full Turn. Forward Shuffle.**

- 1&2      Step back on left. Lock right in front of left. Step back on left.
- 3-4      Tap right toes back. Unwind 1/2 right.
- 5      Turn 1/2 over right shoulder stepping back on left
- 6      Turn 1/2 over right shoulder stepping forward on right.
- 7&8      Step forward on left. Close right beside left. Step forward on left.

**Option: Replace the Forward shuffle with a triple full turn.**

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