

I'm Really Hurt

COPPER KNOB
STEPSHEETS

拍数: 64 墙数: 4
编舞者: Sally Hung (TW) - February 2012
音乐: I'm Really Hurt - T-ara

级数: Phrased Beginner



Dance sequence: Intro AABB/AABB/AABB/A
Start the dance from 32 counts of the song

Introduction:- (32 counts)

- 1-8 Twist to the R, twist to the L
- 1-8 Step R to the R, cross L over R, step R back, step L to the L
- 1-8 Twist to the L, twist to the R
- 1-8 Step L to the L, cross R over L, step L back, step R to the R

AI. HEEL TWISTS

- 1-4 With R foot in front, twist both heels RLR
- 5-8 With L foot in front, twist both heels LRL

AII. SIDE TOE STRUT, CROSS TOE STRUT, SIDE-ROCK, CROSS, HOLD

- 1-2 Touch R toes to R, step R heel down
- 3-4 Touch L toes over R, step L heel down
- 5-6 Rock R to R, recover onto L
- 7-8 Cross R over L, hold

AIII. SIDE TOE STRUT, CROSS TOE STRUT, SIDE-ROCK, CROSS, HOLD

- 1-2 Touch L toes to L, step L heel down
- 3-4 Touch R toes over R, step R heel down
- 5-6 Rock L to L, recover onto R
- 7-8 Cross L over R, hold

AIV. DOUBLE KICK, DOUBLE KICK, ½ TURN L BY RUNNING

- 1-4 Kick R twice diagonal to the L, kick L twice diagonal to the R
- 5-8 ½ turn L by running LRLR

BI. ROCK SIDE, RECOVER, JUMP BOTH FEET TO THE R, ROCK SIDE, RECOVER, JUMP BOTH FEET TO THE L

- 1-2 Rock R to the R, recover on L
- 3-4 Jump both feet at the same time to the R side
- 5-6 Rock L to the L, recover on R
- 7-8 Jump both feet at the same time to the L side

BII. STEP SIDE, STEP BESIDE, SLIDE, HOLD, STEP SIDE, STEP BESIDE, SLIDE, HOLD

- 1-2 Step R to the side, step R beside L
- 3-4 Slide R to the side, hold
- 5-6 Step L to the side, step L beside R
- 7-8 Slide L to the side, hold

BIII. ROCK FWD, ROCK BACK, ROCK FWD, ROCK BACK

- 1-4 Rock R fwd, rock R back
- 5-8 Rock R fwd, rock R back

BIV. ¼ TURN R, TWIST TO THE R, TWIST TO THE L

- 1-4 ¼ Turn R twisting to the R

5-8

Twist to the L

Happy Dancing!

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