

# Can't Bear the Hurt

**COPPER** KNOB  
STEPSHEETS

拍数: 64      墙数: 2      级数: Phrased Intermediate  
编舞者: Kenny Teh (MY) - January 2013  
音乐: Shang Bu Qi (傷不起) - Lao Mao (老貓) & Wang Lin (王麟)



Sequence of dance: AA BB Tag AA BBBB

Start the dance on vocals:

## A: 32 counts

### Section 1

1 2 3 4      Rock R fwd, recover L, rock R back, recover L,  
5 6 7 8      Rock R fwd, recover L, ¼ R turn step R, cross L over R (3.00)

### Section 2

1 2 3 4      Step R, step L behind R, ¼ R turn step R fwd, step L fwd (6.00)  
5 6 7 8      ½ R turn step R fwd, ¼ R turn step L, step R behind L, ¼ L turn step L fwd (12.00)

### Section 3

1 2 3 4      Touch R to R, ¼ L turn touch R to R, ¼ L turn touch R to R, step R beside L (6.00)  
5&6 7&8      Rock L, recover R, step L together, Rock R, recover L, step R together

### Section 4

1&2&      Touch L to L, step L together, touch R to R, step R together  
3&4&      Touch L fwd, step L together, touch R fwd  
5&6 7&8      Bump RLR, bump LRL

## B: 32 counts

### Section 1

1 2 3 4      Cross R over L, step L back, ¼ R turn step R, step L (3.00)  
5 6 7 8      Cross R over L, step L back, ¼ R turn step R, step L (6.00)

### Section 2

1&2&3&4      Arc ½ right as you lead with R foot going: step, ball, step, ball, step, ball, step (12.00)  
5&6&7&8      Arc ½ left as you lead with L foot going: step, ball, step, ball, step, ball, step (6.00)

### Section 3

1&2 3&4      Right mambo, L mambo  
5&6 7&8      Fwd mambo, back mambo

### Section 4

1&2&3&4      Move fwd as you lead with R foot going: step, ball, step, ball, step, ball, step  
5&6 7&8      Kick L, step down on L, touch R fwd, bump hips weight remaining on L

Repeat

## TAG: 64 counts

### Section 1

1 2 3 4      Cross R over L, step L back, ¼ R turn step R, step L (3.00)  
5 6 7 8      Cross R over L, step L back, ¼ R turn step R, step L (6.00)

### Section 2

1 2 3 4      Cross R over L, step L back, ¼ R turn step R, step L (9.00)  
5 6 7 8      Cross R over L, step L back, ¼ R turn step R, step L (12.00)

**Section 3**

1 2 3 4

Step R, cross L over, step R, step L behind R

5 6 7&amp;8

Step R, touch L diagonally L, bump and bump RLR as you look over the right shoulder and push both hands up and down

**Section 4**

1 – 8

Mirror above 8 steps

**Section 5**

1&amp;2 3&amp;4

Right shuffle back diagonally R, Left shuffle back diagonally L

5&amp;6 7&amp;8

Right shuffle back diagonally R, Left shuffle back diagonally L

**Section 6**

1 2 3 4

Skate R, skate L, skate R, hold

5 6 7 8

Skate L, skate R, skate L, hold

**Section 7**

1 2 3 4

Tap R, tap R, big step R, touch L together

5 6 7 8

Tap L, tap L, big step L, touch R together

**Section 8**

1 2 3 4

R out, L out, R in, L in

5 6

Jump both feet wide stretch both hands out, jump feet together and bring fists crossed together

7&amp;8

Bend, straighten, bend knees with the hands still crossed

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