

# Hurt

**COPPER KNOB**  
STEPSHEETS

拍數: 32      牆數: 2  
編舞者: Zac Detweiller (USA)  
音樂: Hurt - Christina Aguilera

級數: Intermediate/Advanced



## **PRESS RECOVER, ½ RIGHT, SPIRAL, ROCK RECOVER ½ LEFT**

1&2&      Press left forward, recover right, step back on left, turn ½ turn right and step forward on right  
**Hands:**  
1      Reach right hand above head and look up  
&      Pull hand back to center while bringing head back down  
3-4      Cross left in front of right, spiral turn a full turn right and step right forward (6:00)  
5-6-7      Rock forward on left, recover to right, turn ½ turn left and step left forward

## **1 ¼ TURN SWEEP, WEAVE, LUNGE RECOVER ½ LEFT**

8&1      Turn ½ turn left and step back on right, turn ½ turn left and step forward on left, turn ¼ turn left and sweep right foot back to front  
2&3&4      Step right foot across left, step left to side, step right behind left, turn ¼ left and step left forward, step forward on right  
5-6-7      Lunge left foot forward, recover to right, turn ½ turn left and step left forward (12:00)

**Extend right arm forward and left arm back on lunge, return hands to center on recover**

## **STEP TAP, ¼ TURN LEFT BASIC, RIGHT BASIC, ROCK RECOVER ½ LEFT, PREP ½ TURN RIGHT**

8&1      Step right forward, touch left beside right, large step left to left  
2&3      Step right beside left, cross left in front of right, large step right to right  
4&      Step left beside right, step right slightly forward in front of left  
5-6-7      Rock left forward, recover to right, turn ¼ turn to left and step left forward

**Facing 12:00 wall angled to left diagonal**

## **½ TURN RIGHT, CROSS ROCK RECOVER SIDE, ½ TURN RIGHT, STEP PREP UNWIND 1 ½**

8&1      Step right forward, turn ¼ turn to right and step back on left, turn ¼ turn right and step right to right side  
2&3      Rock left over right (angling body to right diagonal), recover to right, step left to side  
&4&      Cross right over left, turn ¼ right and step back on left, turn ¼ turn right and step right to right side (12:00)  
5-6      Step left forward, hold

**During the hold, prep for a right turn by slightly angling body to left diagonal and slightly bending knees**

7-8&      Unwind 1 ½ to the right, step right in place (6:00)

**Or pirouette (en dehors - away from body). This is done by picking up right foot while lifting up the body and straitening your left leg**

**REPEAT**

**RESTART**

**On walls 3 and 6 you will restart the dance. This happens during the 3 set of 8 counts. You will rock forward on count 21, recover weight right on 22, turn ¼ turn to the front wall stepping left to left on 23, and step forward on right. Start the dance again facing 12:00**

**TAG**

**After wall (facing the back wall of the dance)**

## **ROCK RECOVER ½ LEFT, STEP FORWARD, STEP DRAG, STEP DRAG**

1-2-3-4      Rock left forward, recover to right, turn ½ turn left and step left forward, step right forward  
5-6-7-8      Step left forward, drag right foot beside left, step right forward, drag left beside right

**Start the dance again**

