



Approved by:



Hurt Me Carefully

2 WALL – 48 COUNTS – INTERMEDIATE

STEPS	ACTUAL FOOTWORK	CALLING SUGGESTION	DIRECTION
Section 1 1 – 2 & 3 4 & 5 – 6 & 7 8 &	Cross with Sweep, Cross Side, 2 x 1/8 Turn Left with Back Steps Cross right over left sweeping left around from back to front. Cross left over right. Step right to right side. Make 1/8 turn left stepping left back into diagonal. Step right back. Make 1/8 turn left stepping left to left side (9:00) Cross right over left sweeping left around from back to front. Cross left over right. Step right to right side. Make 1/8 turn left stepping left back into diagonal. Step right back. Make 1/8 turn left stepping left to left side (6:00)	Right Left Turn Back Back Turn Right Left Side Turn Back Turn	Forward Turning left Turning Left Forward Turning Left Back
Section 2 1 – 2 & 3 4 & 5 – 6 7 & 8 & 1	Cross Rock, & Cross, 1/4 turn, 1/2 Turn, Walk Forward, Rock, Run Back, Sweep Cross rock right over left. Recover onto left. Step right to right side. Cross left over right. Make 1/4 turn left stepping back onto right. Make 1/2 turn left stepping forward on left. Step forward right. Step forward left. Rock forward on right. Recover back onto left. Run small steps back, stepping Right, Left. (Option: full reverse turn right) Step right back sweeping left from front to back.	Cross Rock & Cross Turn Turn Right Left Rock & Back Back Sweep	On the spot Right Turning left Forward On the spot Back
Section 3 2 & 3 4 & 5 6 & 7 8 & 1	Behind, Side, Cross, Unwind 1/2 Turn Right, Point, Right Back Basic, Left Back Basic Cross left behind right. Step right to right side. Cross left over right. Unwind 1/2 turn right ending weight on right. Cross left over right. Point right to right side. Rock back on right. Recover forward onto left. Step right to right side. Rock back on left. Recover forward onto right. Step left to left side.	Behind Side Cross Unwind Cross Point Back Rock Side Back Rock Side	Right Turning right Right Left
Section 4 2 & 3 4 & 5 6 & 7 8 &	Behind, Side, Cross, Unwind 1/2 Turn Left, Point, Drag, Hitch, Forward Rock Cross right behind left. Step left to left side. Cross right over left. Unwind 1/2 turn left ending weight on left. Cross right over left. Point left to left side. Drag left towards right. Small hitch with left. Step forward on left. Rock forward on right. Recover back onto left.	Behind Side Cross Unwind Cross Point Drag Hitch Left Rock Recover	Right Turning left Forward On the spot
Section 5 1 – 3 4 & 5 6 – 7 8 & Restarts 1	Back Sweep x 2, Back, Rock Back, 1/2 Turn Right, 1/4 Turn Right, Sways, Cross Shuffle Step back on right sweeping left. Step back on left sweeping right. Step back on right. Rock back left. Recover forward on right. Make 1/2 turn right stepping back onto left. Make 1/4 turn right stepping right to right swaying hips. Sway hips to left side. Cross right over left. Step left to left side. Walls 2 and 4: Restart dance from the beginning here facing front wall. Cross right over left sweeping left from back to front.	Back Back Back Rock Recover Turn Turn Sway Cross Side Cross	Back Turning right Turning right Left
Section 6 2 & 3 4 & 5 6 – 7 & 8 &	Cross, Back, 1/4 Turn, Cross, 1/4 Turn, 1/2 Turn Right, Step 1/2 Pivot, Step, Side Rock Cross left over right. Step back on right. Make 1/4 turn left stepping left to left side Cross right over left. Make 1/4 turn right stepping back on left. Make 1/2 turn right stepping forward onto right. Step forward left. Pivot 1/2 turn right. Step forward left. Rock to right side on right. Recover onto left.	Cross Back Turn Cross Turn Turn Step Pivot Step Rock Recover	Turning left Turning right Turning right Turning right Forward

Choreographed by: Ria Vos (NL) Dec 2012

Choreographed to: 'Take It Easy On Me' by Beth Hart from CD My California; download available from amazon.co.uk or iTunes (16 count intro - start on vocals)

Restarts: 2 Restarts, both after count 40, facing 12:00, danced during Walls 2 and 4



A video clip of this dance is available at www.linedancermagazine.com