

# Hurt Me Carefully

Choreographer : Ria Vos  
Walls : 2 wall line dance  
Level : Intermediate  
Counts : 48  
Info : Intro 16 counts  
Music : "Take It Easy On Me" by Beth Hart (Album: My California)

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## Cross With Sweep, Cross Side, 2x 1/8 Turn Left With Back Steps

1-2 RF cross over and sweep LF fwd, LF cross over  
&3 RF step side, LF 1/8 left and step back  
4& RF step back, LF 1/8 left and step side [9]  
5-6 RF cross over and sweep LF fwd, LF cross over  
&7 RF step side, LF 1/8 left and step back  
8& RF step back, LF 1/8 left and step side [6]

## Cross Rock, & Cross, 1/4 Turn, 1/2 Turn, Walk Forward, Rock, Run Back, Sweep

1-2 RF rock across, LF recover  
&3 RF step side, LF cross over  
4& RF 1/4 left and step back, LF 1/2 left and step fwd  
5-6 RF step fwd, LF step fwd  
7& RF rock fwd, LF recover  
8& RF small step back (option: 1/2 right step fwd), LF small step back (option: 1/2 right step back)  
1 RF step back and sweep LF back

## Behind, Side, Cross, Unwind 1/2 Turn Right, Point, Right Back Basic, Left Back Basic

2&3 LF cross behind, RF step side, LF cross over  
4&5 L+R 1/2 turn right, LF cross over, RF point side  
6&7 RF rock back, LF recover, RF step side  
8&1 LF rock back, RF recover, LF step side

## Behind, Side, Cross, Unwind 1/2 Turn Left, Point, Drag, Hitch, Forward Rock

2&3 RF cross behind, LF step side, RF cross over  
4&5 R+L 1/2 turn left, RF cross over, LF point side  
6&7 LF drag towards, LF small hitch, LF step fwd  
8& RF rock fwd, LF recover

## Back Sweep x2, Back, Rock Back, 1/2 Turn Right, 1/4 Turn Right, Sways, Cross Shuffle

1-3 RF step back and sweep LF back, LF step back and sweep RF back, RF step back  
4&5 LF rock back, RF recover, LF 1/2 right and step back  
6-7 RF 1/4 right and step side with hips right, hips left  
8&1 RF cross over, LF step side, RF cross over and sweep LF fwd

## Cross, Back, 1/4 Turn, Cross, 1/4 Turn, 1/2 Turn Right, Step 1/2 Pivot, Step, Side Rock

2&3 LF cross over, RF step back, LF 1/4 left and step side  
4&5 RF cross over, LF 1/4 right and step back, RF 1/2 right and step fwd  
6-7 LF step fwd, L+R 1/2 turn right  
&8& LF step fwd, RF rock side, LF recover

## Start again

### Restarts:

*Dance the 2<sup>nd</sup> and 4<sup>th</sup> wall up to and including count 40& (count 8& of the 5<sup>th</sup> section) and start again [12]*