

Hurt Me Carefully



Count: 48 **Wall:** 2 **Level:** Intermediate
Choreographer: Ria Vos (Jan 2013)
Music: "Take It Easy On Me" - Beth Hart, Album: My California

Intro: 16 Counts on vocals

Cross with Sweep, Cross Side, 1/8 L Back, Back, 1/8 L Side, -Repeat

1-2 Cross R Over L Sweeping L Around from Back to Front, Cross L Over R
 &3 Step R to Right Side, Turn 1/8 Left Step Back on L (10:30)
 4& Step Back on R, Turn 1/8 Left Step L to Left Side (9:00)
 5-6 Cross R Over L Sweeping L Around from Back to Front, Cross L Over R
 &7 Step R to Right Side, Turn 1/8 Left Step Back on L (7:30)
 8& Step Back on R, Turn 1/8 Left Step L to Left Side (6:00)

Cross Rock & Cross, 1/4 L, 1/2 L, Walk x2, Fwd Rock, Run Back x2, Back with Sweep

1-2 Cross Rock R Over L, Recover on L
 &3 Step R to Right Side, Cross L Over R
 4& 1/4 Turn Left Step Back on R, 1/2 Turn Left Step Fwd on L
 5-6 Walk Fwd R, Walk Fwd L
 7& Rock Fwd on R, Recover on L
 8& Small "Run" Steps Back R-L (Option: Full Turn R)
 1 Step Back on R Sweeping L Around from Front to Back

Behind Side Cross, Unwind 1/2 R, Cross, Point, Basic R, Basic L

2&3 Step L Behind R, Step R to Right Side, Cross L Over R
 4&5 Unwind 1/2 Turn Right ending Weight on R, Cross L Over R, Point R to Right Side
 6&7 Rock Back on R, Recover on L, Step R to Right Side
 8&1 Rock Back on L, Recover on R, Step L to Left Side

Behind Side Cross, Unwind 1/2 L, Cross, Point, Drag-Hitch-Step, Fwd Rock

2&3 Step R Behind L, Step L to Left Side, Cross R Over L
 4&5 Unwind 1/2 Turn Left ending Weight on L, Cross R Over L, Point L to Left Side
 6&7 Drag L towards R, Small Hitch L, Step Fwd on L
 8& Rock Fwd on R, Recover on L

Back Sweep, Back Sweep, Back, Rock Back, 1/2 R, 1/4 R Sway R, Sway L, Cross Shuffle

1-2-3 Step Back on R Sweeping L, Step Back on L Sweeping R, Step Back on R
 4&5 Rock Back on L, Recover on R, 1/2 Turn Right Step Back on L
 6-7 1/4 Turn Right Step R to Right Side Swaying Right, Sway Left
 8& Cross R Over L, Step L to Left Side ***Restart Point
 1 Cross R Over L Sweeping L from Back to Front

Cross, Back, 1/4 L, Cross, 1/4 R, 1/2 R, Step 1/2 Pivot R, Step Fwd, Side Rock

2&3 Cross L Over R, Step Back on R, 1/4 Turn Left Step L to Left Side
 4&5 Cross R Over L, 1/4 Turn Right Step Back on L, 1/2 Turn Right Step Fwd on R
 6-7 Step Fwd on L, Pivot 1/2 Turn Right
 &8& Step Fwd on L, Rock R to Right Side, Recover on L

Restart: After count 40& on Wall 2 and 4 both facing front wall

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