

# 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, ¼ Turn Right Step Back on L, ½ Turn Right Step Fwd on R  
6-7        Step Fwd on L, Pivot ½ 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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