



Hurt Me Carefully

Choreographed by Ria Vos

Description: 48 count, 2 wall, Intermediate Line Dance
Music: "Take It Easy On Me" by Beth Hart

Intro: 16 Counts on vocals

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

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

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

Cross Rock & Cross, 1/4 Left, 1/2 Left, Walk x2, Forward Rock, Run Back x2, Back with Sweep

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

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

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

Behind Side Cross, Unwind 1/2 Left, Cross, Point, Drag-Hitch-Step, Forward Rock

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

Back Sweep, Back Sweep, Back, Rock Back, 1/2 Right, 1/4 Right Sway Right, Sway Left, Cross Shuffle

- 1-2-3 Step Back on Right Sweeping Left, Step Back on Left Sweeping Right, Step Back on Right
- 4&5 Rock Back on Left, Recover on Right, 1/2 Turn Right Step Back on Left
- 6-7 1/4 Turn Right Step Right to Right Side Swaying Right, Sway Left
- 8& Cross Right Over Left, Step Left to Left Side

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

- 1 Cross Right Over Left Sweeping Left from Back to Front

Cross, Back, 1/4 Left, Cross, 1/4 Right, 1/2 Right, Step 1/2 Pivot Right, Step Forward, Side Rock

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