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, ¼ Left, ½ 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& ¼ Turn Left Step Back on Right, ½ 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 ½ 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 ½ 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 ½ 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 ½ 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 Left

Back Sweep, Back Sweep, Back, Rock Back, ½ Right, ¼ 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, ½ Turn Right Step Back on Left
6-7 ¼ 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, ¼ Left, Cross, ¼ Right, ½ Right, Step ½ Pivot Right, Step Forward, Side Rock
2&3 Cross Left Over Right, Step Back on Right, ¼ Turn Left Step Left to Left Side
4&5 Cross Right Over Left, ¼ Turn Right Step Back on Left, ½ Turn Right Step Forward on Right
6-7 Step Forward on Left, Pivot ½ Turn Right
&8& Step Forward on Left, Rock Right to Right Side, Recover on Left