

# 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  
&&&      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**

**Contact: dansenbijria@gmail.com**