



“Hurt Me Carefully”

Intermediate 2 wall line dance (48 counts)

Choreographer: Ria Vos, dansenbijria@gmail.com

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, ¼ L, ½ 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& ¼ Turn Left Step Back on R, ½ Turn Left Step Fwd on L (3:00 /9:00)
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) (9:00)
1 Step Back on R Sweeping L Around from Front to Back

Behind Side Cross, Unwind ½ 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 ½ Turn Right ending Weight on R, Cross L Over R, (3:00)
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 ½ 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 ½ Turn Left ending Weight on L, Cross R Over L, (9:00)
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, ½ R, ¼ 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, ½ Turn Right Step Back on L (3:00)

6-7 ¼ Turn Right Step R to Right Side Swaying Right , Sway Left (6:00)

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, ¼ L, Cross, ¼ R, ½ R, Step ½ Pivot R, Step Fwd, Side Rock

2&3 Cross L Over R, Step Back on R, ¼ Turn Left Step L to Left Side (3:00)

4&5 Cross R Over L, ¼ Turn Right Step Back on L, (6:00)

½ Turn Right Step Fwd on R (12:00)

6-7 Step Fwd on L, Pivot ½ Turn Right (6:00)

&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 (12:00)



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