

Lovin' Really Hurts Sometimes

COPPER KNOB
STEPPERS

Count: 32

Wall: 4

Level: Improver

Choreographer: Sebastiaan Holtland (NL) - December 2025

Music: Lovin' Really Hurts - Olly Murs



****2 easy tags of 4 counts ending wall 4/7 after 32 counts, after start again.**

Intro: Slow 32 counts, start approx 0:16 sec.

Sec 1. [1-8] Jump Both Feet Apart, Hold, & Cross, Hold, R Side Rock, R Sailor Turn ¼ L.

- &1,2 Jump Both Feet Apart (&1), Hold (2).
- &3,4 RF step beside LF (&), LF step across RF (3), Hold (4).
- 5,6 RF rock right (5), LF recover (6).
- 7&8 RF step behind LF (7), LF step left (9.00) (&), RF step fwd (8).

S2. [9-16] L, R Syncopated Rocks Fwd ¼ L, Jump Both Feet Apart, Hold, & Cross, Hold.

- 1,2& LF rock fwd (1), RF recover (2), LF step left ¼ left (6.00) (&).
- 7,3,4 RF rock fwd (3), LF recover (4).
- &5,6 Jump Both Feet Apart (&5), Hold (6).
- &7,8 RF step beside LF (&), LF step across RF (7), Hold (8).

S3. [17-24] R Side Jump, Hold, L Side Jump, Hold, R Side Jump ¼ Left, L Together, Hold, R Knee Pop, L Knee Pop.

- &1,2 RF small jump R (&), LF touch next to RF (1), Hold (2).
- &3,4 LF small jump L (&), RF touch next to LF (3), Hold (4).
- &5,6 RF small jump R ¼ left (3.00) (&), LF step together weight onto RF (5), Hold (6).
- 7,8 LF replace pop R knee fwd (7), RF replace pop L knee fwd (8).

S4. [25-32] L Side, R Together, L Lock Step Fwd, R Step Pivot ½ L, Full Turn L.

- 1,2 LF step left (1), RF step beside LF (2).
- 3&4 LF step fwd (3), RF lock behind LF (&), LF step fwd (4).
- 5,6 RF step fwd (5), RF pivot ½ left (9.00) and taking weight onto LF (6).
- 7,8 Turning full to left (9.00) weight onto LF (7,8).

(NB: Tags here ending wall 4/7 after 32 counts, after start again).

TAG:

[1-4] Jump Both Feet Apart (push both hand palms fwd) Hold, R Drag Together L (while you make with both hands a fist and pull arms back).

- &1,2 Jump Both Feet Apart (&1), Hold (2).

Arm movement: &1,2 : Push both hand palms fwd (&1,2).

- 3,4 Taking weight onto LF and drag RF together LF (3,4).

Arm movement : (3,4 : Make a fist with both hands and pull your arms back (3,4)).

Start Again and Have Fun!!