

# IT HURTS

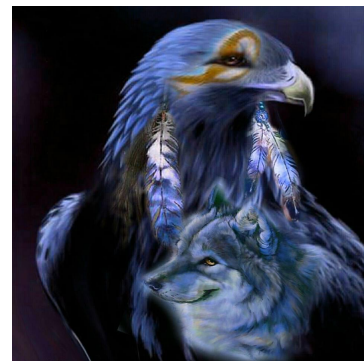
**Count:** 48

**Wall:** 4

**Level:** Beginner / Intermediate

**Choreographer:** Kathy Chang, Sue Hsu

**Music:** "It Hurts" by Lena Philipsson



[www.country-stafke.be](http://www.country-stafke.be)

## **Intro: 16 counts (From Heavy Beat)**

### **R toe touches front & side, R sailor step, L fwd, ½ pivot right, L shuffle fwd**

- 1-2 Touch R toe forward, touch R toe side
- 3&4 Cross step R behind L, step L side, step R fwd
- 5-6 Step L forward, 1/2 pivot right
- 7&8 L fwd shuffle (6 o'clock)

### **R toe touches front & side, R sailor step, L fwd rock & recover, 1/4 chasse L**

- 1-2 Touch R toe forward, touch R toe side
- 3&4 Cross step R behind L, step L side, step R fwd
- 5-6 Rock L forward, recover weight on R
- 7&8 Turning 1/4 left step L side, step R together, step L side (3 o'clock)

### **Cross, point, cross, point, touch, 1/2 unwind, L shuffle fwd**

- 1-2 Cross R over L, point L to L side
- 3-4 Cross L over R, point R to R side
- 5-6 Touch R toe behind L, ½ R unwind (weight ending up on R)
- 7&8 L shuffle fwd (9 o'clock)

### **R kick-ball-touch, L kick-ball-touch, touch ½ unwind, L shuffle fwd**

- 1&2 Kick R fwd, step R beside L, touch L to L side
- 3&4 Kick L fwd, step L beside R, touch R to R side
- 5-6 Touch R toe behind L, ½ R unwind (weight ending up on R)
- 7&8 L shuffle fwd (3 o'clock)

### **Brush R fwd, step, hip bumps, sailor x 2**

- 1-2 Brush R forward, Step R to the right
- 3&4 Hip bumps L, R, L
- 5&6 Cross step R behind L, step L side, step R to right side
- 7&8 Cross step L behind L, step R side, step L to left side

### **Step-1/2 turn, shuffle fwd, step -1/2 turn, shuffle fwd**

- 1-2 Step forward on R, pivot 1/2 turn L
- 3&4 Shuffle forward on R, L, R
- 5-6 Step forward on L, Pivot 1/2 turn R
- 7&8 Shuffle forward on L, R, L (3 o'clock)

**RESTART:** On wall 3 dance first 16 count then restart the dance (9 o'clock)