

It Hurts



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Choreographer: Kathy Chang, Sue Hsu

Count: 48

Wall: 4

Level: Beginner / Intermediate

Intro: 16 counts

Music: "It Hurts" by Lena Philipsson

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)

Repeat

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