

IT HURTS

Choreographed by Kathy Chang & Sue Hsu
Description: 48 counts, 4 wall, beginner/intermediate line dance
Musik: It Hurts by Lena Philipsson
Start dancing on lyrics

R TOE TOUCHES FRONT & SIDE, R SAILOR STEP, STEP ½ TURN, L SHUFFLE FWD

1-2 Touch right toe forward, touch right toe side
3&4 Cross right behind left, step left side, step right forward
5-6 Step left forward, ½ turn right
7&8 Left forward shuffle (6:00)

R TOE TOUCHES FRONT & SIDE, R SAILOR STEP, L FWD ROCK STEP, ¼ CHASSE L

1-2 Touch right toe forward, touch right toe side
3&4 Cross right behind left, step left side, step right forward
5-6 Rock left forward, recover on right
7&8 Turning ¼ left step left side, step right together, step left side (3:00)

Restart here on wall 3

CROSS, TOUCH, CROSS, TOUCH, TOUCH, ½ UNWIND, L SHUFFLE FWD

1-2 Cross right over left, touch left to left side
3-4 Cross left over right, touch right to right side
5-6 Touch right toe behind left, ½ right unwind (weight ending up on right)
7&8 Left shuffle forward (9:00)

R KICK-BALL-TOUCH, L KICK-BALL-TOUCH, TOUCH ½ UNWIND, L SHUFFLE FWD

1&2 Kick right forward, step right beside left, touch left to left side
3&4 Kick left forward, step left beside right, touch right to right side
5-6 Touch right toe behind left, ½ right unwind (weight ending up on right)
7&8 Left shuffle forward (3:00)

BRUSH RIGHT FORWARD, STEP, HIP BUMPS, SAILOR TWICE

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

STEP-½ TURN, SHUFFLE FWD, STEP -½ TURN, SHUFFLE FWD

1-2 Step forward on right, ½ turn left
3&4 Shuffle forward on right, left, right
5-6 Step forward on left, ½ turn right
7&8 Shuffle forward on left, right, left (3:00)

REPEAT

RESTART: On wall 3 dance first 16 count then restart the dance (9:00)