



Hurt No More

Count: 32 - Wall: 2 - Level: Intermediate - **TAG: After Wall 2nd, 4th, 6th all (12 :00)**
Choreographer: Grace David (KOR) & Amanda Rizzello (FR) - November 2023
Music: Hurt No More - CHASE WRIGHT

Intro: 16 Counts – Tags - Sequence: 32, 32, Tag, 32, 32, Tag, 32, 32, Tag

SEC 1: WALK, WALK, SIDE-ROCK, CROSS, CHASSE 1/2 R TURN, 1/4 R TURN, SIDE ROCK-RECOVER

- 1 2 Step RF Fwd, Step LF Fwd,
3&4 Rock RF on R side, Recover on LF, Cross RF over LF
5&6 Turn 1/4 to R stepping LF on side, Step RF next to LF,
Turn 1/4 to R stepping LF back (6:00)
7 8 Turn 1/4 to L Rocking RF on side, Recover on LF (9:00)

SEC 2: CROSS CHASSE, SIDE-ROCK, CROSS, 1/2 L HINGE TURN, CROSS-ROCK, RECOVER

- 1&2 Cross RF over LF, Step LF slightly behind RF on ball, Cross RF over LF
3&4 Rock LF on L side, Recover on RF, Cross LF over RF
5 6 Turn 1/4 to L stepping RF back, Turn 1/4 L stepping LF on side (3:00)
7 8 Rock RF over LF, Recover on LF

SEC 3: CHASSE RIGHT, 1/8 WALK, WALK, FORWARD MAMBO, STEP BACK R/L - WITH SWEEPS

- 1&2 Step RF on R side, Step LF next to RF, Step R on side
3 4 Turn 1/8 to R Stepping LF Fwd, Step RF Fwd (4:30)
5&6 Rock LF Fwd, Recover on RF, Step LF Back
7 8 Step RF back sweeping LF from front to back,
Step LF back sweeping RF from front to back

SEC 4: 1/8 TURN L, WEAVE STEP, BACK DRAG, BALL, WALK, WALK, 3/4 L TURN TO LEFT

- 1&2& Step RF behind LF, Turn 1/8 to L stepping LF on side,
Cross RF over LF, Step LF on L side(9:00)
3 4 Big Step back on RF, Drag LF towards RF
&56 Step LF next to RF on ball, Step RF Fwd, Step LF Fwd,
7 8 Turn 1/2 to L stepping RF back, Turn 1/4 to L stepping LF on L side (6:00)
(Optional Turn: On Counts 78,

Can do double 1 & 3/4 L Turn with counts 7&8& to face the next wall)

TAG: (After WALL 2nd, 4th, 6th Wall, all facing 12 :00)

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**[1-8] STEP R SIDE, HOLD, BALL, SIDE, TOGETHER, CROSS,
1/2 R HINGE TURN, CROSS ROCK-RECOVER**

1 2 Step RF on R side, Hold

&3 4 Step LF next to RF on ball, Step RF on R side, Step LF next to RF

5 6 7 Cross RF over LF, Turn 1/4 to R stepping LF back,

Turn 1/4 to R stepping RF on side

(6:00)

8& Rock LF over RF, Recover on RF

**[1-8] STEP L SIDE, HOLD, BALL, SIDE, TOGETHER, CROSS,
1/2 L HINGE TURN, STEP FORWARD, BALL**

1 2 Step LF on L side, Hold

&3 4 Step RF next to LF on ball, Step LF on L side, Step RF next to LF

5 6 7 Cross LF over RF, Turn 1/4 to L stepping RF back,

Turn 1/4 to L stepping LF on side

(12:00)

8& Step RF Fwd, Step LF next to RF on ball

ENDING: (12:00) – WITH TAG - POSE

Quelle: <https://www.copperknob.co.uk>

14.02.2024