



It Hurts

48 count, 4 wall, improver level

Choreographer: Kathy Chang & Sue Hsu (USA), February 2008

Choreographed to: "It Hurts" by Lena Philipsson, CD "Eurovision song contest"

16 count intro from heavy beat

Toe Touches, Sailor Step, Step, Pivot 1/2, Forward Shuffle

1-2 Touch right toe forward, touch right toe to right side

3&4 Cross step right behind left, step left to left side, step right to place

5-6 Step left forward, pivot 1/2 turn right

7&8 Step left forward, close right beside left, step left forward (6:00)

Toe Touches, Sailor Step, Forward Rock, 1/4 Turn Chasse

1-2 Touch right toe forward, touch right toe to right side

3&4 Cross step right behind left, step left to left side, step right to place

5-6 Rock forward on left, recover back onto right

7&8 Making 1/4 turn left step left to left side, close right beside left, step left to side

Restart : Wall 3 (facing 9:00): Restart dance from the beginning at this point.

Cross, Point (x 2) Touch, 1/2 Unwind, Forward Shuffle

1-2 Cross right over left, point left to left side (3:00)

3-4 Cross left over right, point right to right side

5-6 Touch right toe behind left, unwind 1/2 turn right (weight ending on right)

7&8 Step left forward, close right beside left, step left forward (9:00)

Kick Ball Touch x 2, Touch, 1/2 Unwind, Forward Shuffle

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, unwind 1/2 turn right (weight ending on right)

7&8 Step left forward, close right beside left, step left forward (3:00)

Brush, Step, Hip Bumps, Sailor Step x 2

1-2 Brush right forward, step right to right side

3&4 Bump hips left, bump hips right, bump hips left

5&6 Cross step right behind left, step left to left side, step right to place

7&8 Cross step left behind right, step right to right side, step left to place

Step, Pivot 1/2, Forward Shuffle (x 2)

1-2 Step right forward, pivot 1/2 turn left

3&4 Step right forward, close left beside right, step right forward

5-6 Step left forward, pivot 1/2 turn right

7&8 Step left forward, close right beside left, step left forward (3:00)

Restart : There is one Restart during Wall 3 at the end of section 2.

Quelle: Linedancemagazin