

# It Hurts (愛太傷) (zh)

COPPER KNOB  
BY STEPHEN

Count: 48

Wand: 4

Ebene: Improver

Choreograf/in: Kathy Chang (USA) & Sue Hsu (USA) - 2008年02月

Musik: It Hurts - Lena Philipsson : (Album: Eurovision Song Contest)



前奏 : Intro: 16 counts (From Heavy Beat)

**第一段** R toe touches front & side, R sailor step, L fwd, ½ pivot right, L shuffle fwd 右足趾前點 & 側點, 右水手步, 左前, 右轉1/2, 左前交換步

1-2 Touch R toe forward, touch R toe side  
右足趾前點, 右足趾右點

3&4 Cross step R behind L, step L side, step R fwd  
右足於左足後交叉踏, 左足左踏, 右足前踏

5-6 Step L forward, 1/2 pivot right 左足前踏, 右軸轉180度

7&8 L fwd shuffle (6 o'clock) 左足前交換步(6點鐘)

**第二段** R toe touches front & side, R sailor step, L fwd rock & recover, 1/4 chasse L 右足趾前點 & 側點, 右水手步, 左前下沉 & 回復, 左轉1/4追步

1-2 Touch R toe forward, touch R toe side  
右足趾前點, 右足趾右點

3&4 Cross step R behind L, step L side, step R fwd  
右足於左足後交叉踏, 左足左踏, 右足前踏

5-6 Rock L forward, recover weight on R  
左足前下沉, 右足回復

7&8 Turning 1/4 left step L side, step R together, step L side (3 o'clock) 左轉90度左足左踏, 右足併踏, 左足左踏(3點鐘)

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

第三面牆跳到這兒面向9點鐘時, 從頭起跳

**第三段** Cross, point, cross, point, touch, 1/2 unwind, L shuffle fwd  
交叉, 點, 交叉, 點, 點, 旋繞1/2, 左前交換步

1-2 Cross R over L, point L to L side  
右足於左足前交叉踏, 左足左點

3-4 Cross L over R, point R to R side  
左足於右足前交叉踏, 右足右點

5-6 Touch R toe behind L, ½ R unwind (weight ending up on R)  
右足趾於左足後點, 右旋繞180度(重心結束在右足)

7&8 L shuffle fwd (9 o'clock) 左足前交換步(9點鐘)

**第四段** R kick-ball-touch, L kick-ball-touch, touch ½ unwind, L shuffle fwd  
右踢交換步點, 左踢交換步點, 點旋繞1/2, 左前交換步

1&2 Kick R fwd, step R beside L, touch L to L side  
右足前踢, 右足併踏, 左足左點

3&4 Kick L fwd, step L beside R, touch R to R side  
左足前踢, 左足併踏, 右足右點

5-6 Touch R toe behind L, ½ R unwind (weight ending up on R)  
右足趾於左足後點, 右旋繞180度(重心結束在右足)

7&8 L shuffle fwd (3 o'clock) 左足前交換步(3點鐘)

**第五段** Brush R fwd, step, hip bumps, sailor x 2  
右前擦踢步, 踏, 推臀, 水手步2次

1-2 Brush R forward, Step R to the right  
右足前擦刷, 右足右踏

- 3&4 Hip bumps L, R, L 推臀(左, 右, 左)
- 5&6 Cross step R behind L, step L side, step R to right side  
右足於左足後交叉踏, 左足左踏, 右足右踏
- 7&8 Cross step L behind R, step R side, step L to left side  
左足於右足後交叉踏, 右足右踏, 左足左踏

**第六段 Step-1/2 turn, shuffle fwd, step -1/2 turn, shuffle fwd  
踏-轉1/2, 前交換步, 踏-轉1/2, 前交換步**

- 1-2 Step forward on R, pivot 1/2 turn L  
右足前踏, 左轉180度
- 3&4 Shuffle forward on R, L, R 前交換步(右, 左, 右)
- 5-6 Step forward on L, Pivot 1/2 turn R  
左足前踏, 右轉180度
- 7&8 Shuffle forward on L, R, L (3 o'clock)  
前交換步(左, 右, 左) (3點鐘)
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