

# Hurts

Count: 64

Wand: 2

Ebene: High Intermediate

Choreograf/in: Maggie Gallagher (UK) - October 2016

Musik: Hurts - Emeli Sandé : (Album: Long Live the Angels - Deluxe - iTunes)



**Intro: 32 counts (18 secs)**

**S1: FWD TOUCH BACK & BACK, BACK, ½ L, STEP, ½ PIVOT**

- 1&2 On slight right diagonal step forward on right, Touch left next to right, Step back on left [1:30]  
&3-4 Step back on ball of right, Step back on left, Walk back on right  
5-6-7 ½ left stepping forward on left, Step forward on right, ½ pivot left

**S2: SIDE TOGETHER FWD, SIDE, BEHIND SIDE CROSS, PRESS, HITCH, BEHIND SIDE CROSS**

- 8&1 ½ left stepping right to right side, Step left next to right, Step forward right [12:00]  
2 Long step to left side dragging right to meet left  
3&4 Cross right behind left, Step left to left side, Cross right over left  
5-6 Press forward on left to slight diagonal, Recover on right hitching left  
7&8 Cross left behind right, Step right to right side, Cross left over right

**S3: SIDE TOUCH BUMP, BUMP, ¼ L, STEP, ½ PIVOT, STEP**

- 1&2 Step right to right side, Touch left next to right, Step left to left side bumping hips left  
3-4 Bump hips right turning body to right, ¼ left stepping forward on left [9:00]  
5-6-7 Step forward on right, ½ pivot left, Step forward on right [3:00]

**S4: TRIPLE FULL TURN, KICK BALL CHANGE, ¼ BUMP RLR, ¼, ¼, TOUCH**

- 8&1 Full triple turn right stepping LRL  
2&3 Kick forward on right, Step right next to left, Step left next to right  
4&5 ¼ left stepping right to right side bumping hips to right, Bump hips left, Bump hips right [12:00]  
6-7- 8 ¼ left stepping forward on left, ¼ left stepping right to right side, Touch left next to right [6:00]  
\* Restart Wall 3

**S5: & HEEL & CROSS SIDE HEEL & CROSS, BACK, ¼ R,,STEP LOCK STEP**

- &1&2 Step back on left, Tap right heel forward on right diagonal, Step right next to left, Cross left over right  
&3&4 Step right to right side, Tap left heel forward on left diagonal, Step left next to right, Cross right over left  
5-6 Step back on left pushing bottom back, ¼ right stepping right to right side [9:00]  
7&8 Step forward on left, Lock right behind left, Step forward on left

**S6: BUMP FWD RLR, SWIVEL, SWIVEL, BUMP FWD LRL, SWIVEL, SWIVEL**

- 1&2 Step forward on right bumping hips forward, Bump hips back, Bump hips forward  
3-4 Swivel body ½ left, Swivel body ½ right  
5&6 Step forward on left bumping hips forward, Bump hips back, Bump hips forward  
7-8 Swivel body ½ right, Swivel body back ½ left

**S7: ¼ L, ROCK BACK SIDE, ROCK BACK WALK, WALK, ANCHOR STEP**

- 1-2& ¼ left stepping right to right side, Rock back on left, Recover on right [6:00]  
3-4& Step left to left side, Rock back on right, Recover on left  
5-6 Walk forward on right, Walk forward on left  
7&8 Cross right behind left, Step weight on left, Step back on right

**S8: ½, ½, COASTER & WALK, WALK, STEP LOCK STEP**

1-2            ½ left stepping forward on left, ½ left stepping back on right [6:00]  
3&4           Step back on left, Step right next to left, Step forward on left  
&5-6          Step right next to left, Walk forward on left, Walk forward on right  
7&8           Step forward on left, Lock right behind left, Step forward on left

**\*RESTART: Wall 3 after 32 counts [6:00]**

**Dance to end of S4 then step down on left foot (count &) and restart the dance**

**ENDING: Dance up to S4 count 1-5 and replace 6-7-8 with a rolling vine to the left to finish at 12:00**

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