

# Hurt No More

Count: 32

Wand: 2

Ebene: Intermediate

Choreograf/in: Grace David (KOR) & Amanda Rizzello (FR) - November 2023

Musik: 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, ½ BACK SHUFFLE, ¼ 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 ¼ to R stepping LF on side, Step RF next to LF, Turn ¼ 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 SHUFFLE, SIDE-ROCK, CROSS, 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 ¼ to L stepping RF back, Turn ¼ L stepping LF on side (3:00)  
7 8 Rock RF over LF, Recover on LF

## **SEC 3: SIDE CHASSE, 1/8 WALK, WALK, FORWARD MAMBO, BACK W/ 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 WEAVE STEP, BACK DRAG, BALL, WALK, WALK, ¾ 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 ½ to L stepping RF back, Turn ¼ to L stepping LF on L side (6:00)  
**(Optional Turn: On Counts 78, Can do double 1 & ¾ Turn with counts 7&8& to face the next wall)**

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

## **[1-8] R SIDE, HOLD, BALL, SIDE, TOGETHER, CROSS, 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 ¼ to R stepping LF back, Turn ¼ to R stepping RF on side  
8& Rock LF over RF, Recover on RF

## **[1-8] L SIDE, HOLD, BALL, SIDE, TOGETHER, CROSS, 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 ¼ to L stepping RF back, Turn ¼ to L stepping LF on side  
8& Step RF Fwd, Step LF next to RF on ball

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