

Hurt

Count: 32

Wall: 4

Level: Improver

Choreographer: Ein Merin (INA) - January 2020

Music: Hurt - Christina Aguilera



Section 1. TURN ¼ LEFT, NC, TURN ¼ RIGHT, STEP RL, TURN ¼ LEFT, WEAVE, BEHIND, TURN ¼ RIGHT, FORWARD – ROCK RECOVER

- 1-2& Turn left 1/4 (09.00) step L side, Rock R behind L
3-4 Turn right 1/4 (12.00) Step R forward, step L forward and sweep R forward
5&6 Turn left 1/4 (09.00) cross R over L, step L side, cross R behind L and sweep L side
7&8& Cross L behind R turn right 1/4 (12.00), Rock L forward, recover on R

Section 2. DIAMOND SHAPE FALL AWAY

- 1-2& Step L side turn right 1/8, step R back, step L back turn right 1/8 (03.00)
3-4& Step R side turn right 1/8, Step L forward, step R forward turn right 1/8 (06.00)
5-6& Step L side turn right 1/8, step R back, step L back turn right 1/8 (09.00)
7-8 Step R side, Step L forward

Section 3. FORWARD, ROCK RECOVER, TURN, ROCK BACK, RUN FORWARD RLR, PIVOT 1/2, STEP LOCK STEP, FORWARD, TOUCH, SQUARING

- 1-2& Step R forward, rock L forward, recover on R turn left 1/8 (11.30)
3-4& Step L back, step R forward, step L forward
5-6& Step R forward turn right 1/2 (04.30) BW on R, step L forward, step R close behind L
7-8& Step L forward, step R forward, touch L next to R turn right 1/8 (06.00)

(Restart here after 16 count on Wall 3 and 6)

Section 4. LEFT NC – FORWARD, TURN ½ LEFT, ROCK, RECOVER, HINGE TURN, SIDE, CLOSE TOUCH

- 1-2& Step L side, Rock R behind L, recover on L
3-4& Step R diagonally forward turn left 1/2 (1.30) BW on R, step L in place turn left 1/8 (12.00), rock R side turn left 1/4 (11.30)
5-6& Recover on L, cross R over L, little step L side turn right 1/2 (06.00)
7-8 Step R side, touch L next to R

Note: BW = Body Weight :: NC = night club

Last Update – 17 April 2020