

The Heart You Hurt

Count: 32

Wall: 2

Level: Intermediate

Choreographer: Aprillia Munarwati (INA) - January 2021

Music: The Heart You Hurt (Hati Yang Kau Sakiti Korean Version) - Rossa



S 1 : NC Basic R, Syncopated Vine 1/8, Forward, Hold, Recover, Full turn L with sweep, Back 2X

1 2 & Step R to side, step L behind R, step R across L
3 4 & Step L to side, step L behind R, step L to side turning 1/8 to L (10.30)
5 6 Step R forward, hold
7 8 & Full turn to L sweeping L from front to back, step back on L, step back on R

S 2 : Back, Rock back, Recover with sweep, Cross, Back, 1/2 turn R, Forward, Full turn L

1 2 Step back on L, rock R back
3 4 & Recover on L sweeping R from back to front, cross R over L, step back on L
5 6 & 1/2 turn R step R forward (4.30), step forward on L, step forward on R
7 8 & Step forward on L, 1/2 turn L step back on R (10.30), 1/2 turn L step forward on L (4.30)

S 3 : NC Basic R & L, Diamond step

1 2 & 3/8 turn L step R to side (12.00), step L behind R, step R across L
3 4 & Step L to side, step R behind L, step L across R
5 6 & Step R to side, 1/8 turn L step back on L (10.30), step back on R
7 8 & 1/8 turn L step L to side (9.00), 1/8 turn L step forward on R (7.30), Step forward on L

S 4 : Forward with sweep, Forward, Side, Step behind with sweep, Cross behind, Side, Forward, Attitude full turn, Cross

1 2 & Step forward on R sweeping L from back to front, step forward on L, 1/8 turn L step R to side (6.00)
3 4 & Step back on L sweeping R from front to back, cross R behind L, step L to side
5 6 7 Step R forward, LF flick back with open the knee and full turn to R at 2 count
8 Cross L over R

Tag 1 : 4 Count

1 2 3 4 Sway RLRL

Tag 2 : 2 Count

1 2 Sway RL

Note :

1. Tag 1 & restart after 16 Count on wall 2
2. Tag 2 & restart after 16 Count on wall 5
3. Tag 1 after wall 6

Enjoy dancing.....

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