

Hurt so Bad

Count: 32

Wall: 4

Level: Beginner

Choreographer: Josée Martel (CAN) - August 2021

Music: Hurt so Bad - Leaving Austin



Intro : 16 counts from start

[1-8] (Side, Touch) X2, Rocking Chair,

- 1-2 Step right to right side, touch left foot beside right
- 3-4 Step left to left side, touch right foot beside left
- 5-6 Rock forward on right foot, recover weight onto left foot
- 7-8 Rock back on right foot, recover weight onto left foot

[9-16] (Toe Strut Fwd) X2, Step, Pivot ¼ Turn, Point, Touch,

- 1-2 Toe R forward, drop heel R,
- 3-4 Toe L forward, drop heel L
- 5-6 Step forward on right, pivot ¼ turn left
- 7-8 Point right to right side, touch right beside left

[17-24] Step Forward, Clap, Pivot ½ Turn, Clap, Vine to Right, Touch

- 1-2 Step forward right, clap
- 3-4 Pivot ½ turn left, clap
- 5-6 Step right to right side, step left behind right
- 7-8 Step right to right side, touch left beside right

[25-32] Vine to Left, Touch, Kick , Kick, Rock Back,

- 1-2 Step left to left side, step right behind left
- 3-4 Step left to left side, touch right beside left
- 5-6 (Right Kick forward) x2
- 7-8 Rock right back, recover on left

***** Easy Restart: wall 8, Dance the first 12 counts then restart the dance (facing 9:00)**

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Last Update - 21 August 2021