

# 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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