Stop Making This Hurt

Count: 32 **Wall:** 4 **Level:** Improver

Choreographer: Diane Capron (USA) - September 2021

Music: Stop Making This Hurt - Bleachers : (Album: Take the Sadness Out of Saturday Night)

Intro: 32 counts (16 counts after the main beat)
No tags or restarts

SECTION 1: SIDE SHUFFLE, CROSS ROCK RECOVER, LINDY SHUFFLE

1&2	Step R foot to right side, step L foot beside right, step R foot to right side
3-4	Step L foot across right, recover R foot in place
5&6	Step L foot to left side, step R foot beside left, step L foot to left side
7-8	Rock R foot behind left, recover L foot in place (12:00)

SECTION 2: ½ TURNING SHUFFLE, SHUFFLE BACK, COASTER, SHUFFLE FORWARD

1&2	Step R foot to right side while turning ¼ to left, step L foot beside right, step R back while turning ¼ to left
3&4	Step L foot backward, step R foot beside right, step L foot backward
5&6	Step R foot back, step L foot beside right, step R foot forward
7&8	Step L foot forward, step R foot beside right, step L foot forward (6:00)

SECTION 3: CROSS, BACK, SHUFFLE ¼, PIVOT ½, LOCKING SHUFFLE

1-2	Step R across left, Step L back
3&4	Step R foot to right side, step L foot beside right, step R foot to right side while turning ¼ to right (9:00)
5-6	Step L foot forward, pivot ½ turn to the R on ball of right foot
7&8	Step L forward, Lock R behind left, Step L forward (3:00)

SECTION 4: SIDE, BEHIND, AND HEEL AND CROSS (RIGHT & LEFT)

1-2	Step R to side, Step L behind right
&3	Step R back, touch L heel diagonal forward
&4	Step L back, step R across left
5-6	Step L to side, Step R behind left
&7	Step L back, touch R heel diagonal forward
&8	Step R back, step L across right (3:00)

Front wall finish: Wall 11
SECTION 1: SIDE SHUFFLE, CROSS ROCK RECOVER, SHUFFLE ¼, PIVOT ¼, POINT

1&2	Step R foot to right side, step L foot beside right, step R foot to right side
3-4	Step L foot across right, recover R foot in place (6:00)
5&6	Step L foot to left side, step R foot beside left, step L foot to left side while turning ¼ to left (3:00)
7-8	Step R foot forward, pivot ¼ turn to the L on ball of left foot (12:00)
9	Point R foot in front of left

Repeat

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Special thanks to Jackie Lincoln for her guidance and suggestions https://linedancingvirginia.vpweb.com/

Last Update: 12 Oct 2022