

Lotta Hurt

Count: 32

Wall: 4

Level: Intermediate

Choreographer: Curtis "Hoss" Marting (USA)

Music: Whole Lotta Hurt - Brady Seals



DOUBLE KICK, SAILOR SHUFFLE, DOUBLE KICK, SAILOR SHUFFLE WITH ¼ TURN

- 1-2 Kick right foot forward; kick right foot to right side
- 3&4 Cross-step right behind left; step left in place; step right in place
- 5-6 Kick left foot forward; kick left foot to left side
- 7&8 Turning ¼ left, cross-step right behind left; step left beside right; step right beside left

SYNCOPATED HIP BUMPS

- 9&10 Stepping diagonally forward on ball of right, bump hips right bending knees slightly, roll hips toward left and back to right (make the letter "C")
- &11 Straightening knees, roll hips toward left and back to right
- &12 Bending knees slightly, roll hips toward left and back to right (make the letter "C")
- 13&14 Stepping diagonally forward on ball of left, bump hips right bending knees slightly, roll hips toward left and back to right (make the letter "C")
- &15 Straightening knees, roll hips toward left and back to right
- &16 Bending knees slightly, roll hips toward left and back to right (make the letter "C")

RIGHT HEEL, HOOK, HEEL, TOUCH, STOMP, "FIRE HYDRANT"

- 17-18 Touch right heel forward; hook right foot in front of left leg
- 19-20 Touch right heel forward; touch right toe beside left foot
- 21 Stomp right foot diagonally forward right
- 22-24 Placing left hand on inside of left thigh and hitching right leg do ½ turn right by bouncing left heel; step left foot forward on count 24

KICK-BALL-CHANGE, STOMP, CLAP (2X)

- 25&26 Kick right foot forward; step on right foot; step on left foot
- 27-28 Look down while stomping right foot forward; clap hands and look forward
- 29&30 Kick left foot forward; step on left foot; step on right foot
- 31-32 Look down while stomping left foot forward; clap hands and look forward

REPEAT
