

Not Hurt Anymore

Count: 32

Wall: 4

Level: Improver

Choreographer: Jos Slijpen (NL)

Music: I Don't Hurt Anymore - Martina McBride



CROSS STEP, SWEEP, CROSS STEP, SWEEP, PIVOT ½ TURN RIGHT, ½ TURN RIGHT, BACK RIGHT

- 1-2 Cross step left over right, sweep right around in front of left
- 3-4 Cross step right over left, sweep left around in front of right
- 5-6 Step forward left, pivot ½ turn right
- 7-8 Make ½ turn right stepping back on left, step back right (12:00)

BACK LEFT, SWEEP, BEHIND, SWEEP, ROCK BACK LEFT, RECOVER, ¼ TURN RIGHT, BEHIND

- 1-2 Step back left, sweep right around behind left
- 3-4 Step right behind left, sweep left around behind right
- 5-6 Step back left, recover weight on right
- 7-8 Make ¼ turn right stepping left to left side, step right behind left (3:00)

¼ TURN LEFT, PIVOT ¼ TURN LEFT, CROSS, SIDE STEP LEFT,, BEHIND, ¼ TURN LEFT FORWARD STEP RIGHT

- 1-2 Make ¼ turn left stepping forward on left, step forward right
- 3-4 Pivot ¼ turn left, cross right over left
- 5-6 Step left to left side, step right behind left
- 7-8 Make ¼ turn left stepping forward on left, step forward right (6:00)

PIVOT ½ TURN LEFT, ¼ TURN LEFT, BEHIND, ¼ TURN RIGHT, PIVOT ½ TURN RIGHT, PIVOT ¼ TURN RIGHT

- 1-2 Pivot ½ turn left, make ¼ turn left stepping right to right side
- 3-4 Step left behind right, make ¼ turn right stepping forward on right
- 5-6 Step forward left, pivot ½ turn right
- 7-8 Step forward left, pivot ¼ turn right (9:00)

REPEAT
