

# What Hurts The Most

Count: 32

Wall: 4

Level: Intermediate

Choreographer: Michelle Adamson

Music: What Hurts the Most - Rascal Flatts



## STEP FORWARD, SWEEP, FORWARD COASTER STEP. SWEEP BACK, SWEEP, COASTER BACK AND OUT TO THE SIDE

- 1-2 Step forward on the right and sweep left forward, put weight on left  
3&4 Step forward on right, bring left to right, step back on right  
5-6 Sweep left back put weight on left, sweep right back and put weight on right  
7&8& Step back left, step right beside left, step forward on left, step right out to right side

## ROCK, CROSS, ROCK OUT, ROCK, SHUFFLE ACROSS, ¼, ROCK AND ½ TURN, ROCK, ROCK

- 1&2& Rock onto left, cross right over left, step left out to the side, rock back on right  
3&4 Cross shuffle to the right (step left across right, step right out to the side, step left across right)  
5&6 Rock out to the right with a ¼ turn right, rock back on the left, turn ½ to the right on the right foot  
7-8& Step out on left, rock onto right, bring left next to right and put weight on left

## FORWARD, ROCK, TOGETHER, FORWARD, ROCK, TOGETHER, CROSS, SIDE BEHIND, ¼, PIVOT HALF, FULL TURN

- 1-2& Rock forward on right, back on left, bring right next to left and change weight to right  
3-4& Rock forward on left, back on right, bring left beside right and change weight to left  
5&6& Cross right over left, step left out to the side, step right behind left, step left out to the left into a ¼ turn left  
7&8& Step forward on right and pivot a ½ turn left, put weight on left, full turn forward round left shoulder stepping right, left

## STEP, ROCK BACK, HALF AND QUARTER AND CROSS, ROCK AND CROSS, ¼, ¼, ROCK

- 1-2& Step forward on right, rock back on left, turn a half to the right on the right foot  
3&4 Step forward on the left with a ¼ turn right, rock on to right, cross left over right  
5&6& Step out on right, rock onto left, cross right over left, step left out to the side with a ¼ turn right  
7-8 Step right behind left and ¼ turn to the right, rock onto left

## REPEAT

## RESTART

Restart on the 3rd wall after 8 counts (facing 6:00)

Restart on the 6th wall after 22& counts (facing 9:00)

## ENDING

The dance ends on the 8th wall after 24 counts (after the turn). To end dance step forward on right and drag left beside right

I would like to thank Nanna and Poppy (Ros and Stan Walker) for helping me with this dance and always being supportive of me in everything I do. Thanks heaps