

It Hurts

Count: 48

Wall: 2

Level: Improver

Choreographer: Gordon Elliott (AUS)

Music: It Hurts - Lena Philipsson



SIDE, ROCK, TRIPLE STEP, SIDE, ROCK, TRIPLE STEP

- 1-2 Step right to the side, side rock onto left
3&4 Triple step: right-left-right
5-6 Step left to the side, side rock onto right
7&8 Triple step: left-right-left

FORWARD, ROCK, TRIPLE STEP, BACK, ROCK, TRIPLE STEP

- 1-2 Step right forward, rock back onto left
3&4 Triple step: right-left-right
5-6 Step left back, rock forward onto right
7&8 Triple step: left-right-left

PADDLE TURN, TRIPLE STEP, PIVOT TURN, TRIPLE STEP

- 1-2 Paddle: step right forward, turn $\frac{1}{4}$ turn left take weight onto left
3&4 Triple step: right-left-right
5-6 Pivot: step left forward, turn $\frac{1}{2}$ turn right take weight onto right
7&8 Triple step: left-right-left

PADDLE TURN, TRIPLE STEP, PIVOT TURN, TRIPLE STEP

- 1-2 Paddle: step right forward, turn $\frac{1}{4}$ turn left take weight onto left
3&4 Triple step: right-left-right
5-6 Pivot: step left forward, turn $\frac{1}{2}$ turn right take weight onto right
7&8 Triple step: left-right-left

FORWARD, SLIDE, TRIPLE STEP, FORWARD, SLIDE, TRIPLE STEP

- 1-2 Step right forward at 45 degrees right, slide to step left together
3&4 Triple step: right-left-right
5-6 Step left forward at 45 degrees left, slide to step right together
7&8 Triple step: left-right-left

BACK, TOUCH, BACK, TOUCH, BACK, TOUCH, BACK, TOUCH

- 1-2 Step right back at 45 degrees right, touch left together & clap
3-4 Step left back at 45 degrees left, touch right together & clap
5-6 Step right back at 45 degrees right, touch left together & clap
7-8 Step left back at 45 degrees left, touch right together & clap

REPEAT

RESTART

On wall 3 dance to beat 16, then restart the dance facing the front