

# 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