

# Hell It Hurts

Count: 32

Wall: 4

Level: Intermediate

Choreographer: William Sevone (UK)

Music: And It Hurts - Heather Myles



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## **SIDE ROCK, ROCK, ¼ RIGHT TRIPLE STEP, CROSS ROCK, ROCK, ¼ LEFT TRIPLE STEP, (12:00)**

- 1-2 Rock right foot to right side, rock onto left foot
- 3&4 (On the spot) turn ¼ right & triple step right-left-right
- 5-6 Cross rock left foot over right, rock onto right foot
- 7&8 (On the spot) turn ¼ left & triple step left-right-left

## **ROCK FORWARD, ROCK, ½ RIGHT FORWARD SHUFFLE, ROCK FORWARD, ROCK, FULL TURN LEFT TRIPLE STEP, (6:00)**

- 9-10 Rock forward onto right foot, rock onto left foot
- 11&12 Turn ½ right & step forward onto right foot, close left foot next to right, step forward onto right foot
- 13-14 Rock forward onto left, rock onto right foot
- 15&16 (On the spot) triple step full turn left stepping left-right-left

## **SCUFF FORWARD, ¼ LEFT STEP FORWARD, ½ LEFT COASTER STEP, CROSS TOUCH, SIDE TOUCH, TOGETHER-CROSS-SIDE STEP, (9:00)**

- 17-18 Scuff right foot forward, turn ¼ left & step forward onto right foot
- 19&20 Turn ½ left & step backward onto left foot, step right foot next to left, step forward onto left foot
- 21-22 Cross touch right toe over left foot, touch right toe to right side
- &23-24 Step right foot next to left, cross step left foot over right, rock/step right foot to right side

## **CROSS TOUCH, SIDE TOUCH, TOGETHER-CROSS-SIDE STEP, CROSS TOUCH, ¼ RIGHT STEP FORWARD, ¼ RIGHT CHASSE LEFT, (3:00)**

- 25-26 Cross touch left toe over right foot, touch left toe to left side
- &27-28 Step left foot next to right, cross step right foot over left, rock/step left foot to left side
- 29-30 Cross touch right toe over left foot, turn ¼ right & step forward onto right foot
- 31&32 Turn ¼ right & step left foot to left side, step right foot next to left, step left foot to left side

## **REPEAT**

## **DANCE FINISH**

The dance will finish on count 32 of the 12th wall facing 3:00 during the final fade out of the music. To add a 'flourish', as you perform count 32 'turn upper body & head left-with left hand on hat brim & right hand on right hip'

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