

What Hurts The Most

Count: 132

Wall: 1

Level: Intermediate/Advanced

Choreographer: Kash Bane (UK)

Music: What Hurts the Most - Rascal Flatts



½ MONTEREY TURN, FULL TURN, STEP, HOLD

- 1-2 Point right toe to right side, make a ½ turn over right shoulder by stepping right next to left
- 3-4 Point left toe to left side, return next to right
- 5-6 Make a ½ turn left by stepping back on right foot, make a further ½ turn stepping forward on left foot
- 7-8 Step forward on right foot, hold

¼ TURNING SAILOR FLICK, SWEEP, BACK ROCK, SLIDE

- 1-2 Step left foot behind right, step right foot to right side
- 3-4 Make a ¼ turn right by hopping onto left foot and kicking right foot forward, sweep right foot behind left
- 5-6 Rock right foot behind left foot, recover onto left
- 7-8 Take a large step right on right foot, slide left next to right

BACK ROCK, ¾ SWEEP TURN, WALK, WALK, POINT, HOLD

- 1-2 Rock left foot behind right, recover onto right foot
- 3-4 Make a ¾ turn right stepping left foot back, make a ½ turn right sweeping right leg out
- 5-6 Step down onto right foot, step forward on left
- 7-8 Point right toe forward, bending right knee, hold

COASTER STEP, HOLD, ½ TURN, BACK ROCK, SCUFF

- 1-2 Step right foot back, close left foot to right
- 3-4 Step right foot forward, hold
- 5-6 Make a ½ turn right stepping back on left foot, rock right foot back
- 7-8 Recover onto left foot, scuff right foot forward

3X FULL TURNS, STEP, HOLD

- 1-2 Make a ½ turn left stepping back on right, make a further ½ turn left stepping forward on left
- 3-4 Repeat steps 1-2
- 5-6 Repeat steps 1-2
- 7-8 Step right foot to right side, hold

¼ TURNING SAILOR STEP, HOLD, COASTER STEP, HOLD

- 1-2 Step left foot behind right, making a ¼ turn left step right to right side
- 3-4 Step left foot to left side, hold
- 5-6 Step right foot back, close left foot next to right
- 7-8 Step forward on right, hold

STEP, BICYCLE KNEES, WEAVE, HOLD

- 1-2 Step left foot forward, hitch right knee
- 3-4 Switch knees by hitching left knee and stepping down on right, lower left knee
- 5-6 Step right foot behind left, step left foot to left side
- 7-8 Cross right foot over left, hold

ROCK AND CROSS, HOLD, STEP, ½ HINGE TURN, CROSS, ROCK

- 1-2 Rock left foot to left side, recover onto right foot
- 3-4 Cross left foot over right, hold
- 5-6 Step right foot to right side, make a ½ turn left stepping left to left side
- 7-8 Cross right over left foot, rock left foot out to left side

RECOVER, CROSS, SWEEP, CROSS, ROCK, CROSS, UNWIND

- 1-2 Recover onto right foot, cross left foot over right
- 3-4 Sweep right foot out and in front of left foot, cross right over left
- 5-6 Rock to left side on left foot, recover onto right foot
- 7-8 Cross left over right, unwind making a full turn

¼ TURN STEP, KICK, BACK ROCK, ¼ TURN POINT, HOLD, BACK ROCK

- 1-2 Make a ¼ turn right stepping back on left foot, kick right foot forward
- 3-4 Rock back onto right foot, recover onto left
- 5-6 Make a ¼ turn left pointing right toe to right side, hold
- 7-8 Rock back onto right foot, recover onto left foot

HEEL, ¼ TURN FLICK, CROSS, HOLD, SWEEP, CROSS, SWEEP, CROSS

- 1-2 Touch right heel forward, making a ¼ turn left on ball of left foot, flick right foot backwards
- 3-4 Cross right foot over left, hold
- 5-6 Sweep left foot from behind right and cross over right
- 7-8 Sweep right foot out from behind left and cross over left

COASTER STEP, HOLD, ROCK AND ½ TURN, HOLD

- 1-2 Step left foot back, close right foot next to left
- 3-4 Step left foot forward, hold
- 5-6 Rock forward on right foot, recover onto left foot
- 7-8 Make a ½ turn over right shoulder stepping forward on right, hold

FULL TURN, STEP, HOLD, ¼ TURN HOP AND FLICK, CROSS, ¼ TURN STEP, HOLD

- 1-2 Make a ½ turn right stepping back on left, make a further ½ turn right stepping forward on right
- 3-4 Step forward on left, hold
- 5-6 Hopping on left foot (in place) make a ¼ turn left while swinging right foot out to right side, cross right over left
- 7-8 Make a ¼ turn left, stepping forward on left foot, hold

SCUFF, STEP, TAP, HOLD, STEP, TOGETHER, SLIDE

- 1-2 Scuff right foot at left, step back onto right foot
- 3-4 Tap right toe backwards, hold
- 5-6 Step left foot forward, step right foot next to left
- 7-8 Take a large step back on left foot, slide right next to left

STEP, ¾ UNWIND, STEP, HOLD, CROSS SWING WITH ½ HITCH

- 1-2 Step right behind left, unwind ¾ turn
- 3-4 Step left to left side, hold
- 5-6 Swing right leg out and across left leg
- 7-8 Sweep right leg out and round making a ½ turn right and bringing up into hitch

SHUFFLE, HOLD, POINT, POINT, HOLD

- 1-2 Step forward on right foot, close left next to right
- 3-4 Step forward on right foot, hold
- 5-6 Point left toe to left side, bring back to center
- 7-8 Point right toe to right side, hold

¼ TURN PRESS, DRAG, SHUFFLE, HOLD

- 1-2 Put weight onto right point, making a ¼ turn left and bending knee
- 3-4 Release press and slide right foot back towards you
- 5-6 Step forward on right foot, close left foot next to right
- 7-8 Step forward on right foot, hold

SHUFFLE, HOLD, ROCK, ½ TURN, STEP

- 1-2 Step forward on left foot, close right foot next to left
- 3-4 Step forward on left foot, hold
- 5-6 Rock forward onto right foot, recover back onto left
- 7-8 Make a ½ turn over right shoulder stepping forward on right foot, step forward on left

REPEAT

TAG: Add after you have danced through twice, repeat counts 1-24 (step, step, point, hold). Then add these four counts:

- 1-2 Place weight onto right foot, make a ¼ turn left stepping forward on left foot
- 3-4 Cross right foot over left, rock out to left side on left foot

Continue the dance from count 65 (recover, cross, sweep)

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