

Hurt

Count: 48

Wall: 4

Level: Improver

Choreographer: Christa Klaassenbos (NL) - June 2008

Music: I Don't Wanna Hurt No More - Anouk : (CD: Who's Your Momma)



STEP, MAMBO, LOCK STEP, FULL TURN LEFT

- 1 Left step forward
- 2&3 Right mambo forward
- 4&5 Left lockstep back
- 6-7 Right rock back, recover on left
- 8-1 Right step forward, left step forward, (full turn left)

LOCK STEP, ¼ TURN, CROSS SHUFFLE, PUSH

- 2&3 Right lock step forward
- 4-5 Left step forward, ¼ turn right
- 6&7 Left cross shuffle
- 8-1 Right push diagonally right forward, recover on left

SAILOR STEP, ¾ TURN RIGHT, SHUFFLE ¼ LEFT, SWAY 2X

- 2&3 Right sailor step
- 4-5 Left cross over right, ¾ turn right
- 6&7 Left shuffle ¼ left
- 8-1 Right sway right, left sway left

TAG: on wall 5, sway right-left-right touch left beside right (12:00)

PADDLE TURN 2X, SHUFFLE FORWARD RIGHT, LEFT

- 2-3 Right step forward, ¼ turn left
- 4-5 Right step forward, ¼ turn left
- 6&7 Right shuffle forward
- 8&1 Left shuffle forward

VINE, SHUFFLE ¼, PIVOT ½ RIGHT, SHUFFLE ½ RIGHT

- 2-3 Right step right, left step behind right
- 4&5 Right shuffle ¼ right
- 6-7 Left step forward, ½ turn right

TAG: on walls 2 and 4 (6:00)(12:00)

- 8&1 Left shuffle ½ right

SWEEP BACK RIGHT, LEFT, COASTER STEP, PIVOT ½ RIGHT

- 2-3 Right sweep step back, left sweep step back
- 4&5 Right coaster step back
- 6-7 Left step forward, ½ turn right
- 8 Hold

REPEAT

TAG: On walls 2 & 4, dance to count 38

- 1-2 Left touch beside right, hold

TAG: On wall 5, dance to count 24

- 1-4 Sway right, left, right, touch left beside right

