

U Hurt Me Bad

Compte: 64

Mur: 4

Niveau: Intermediate

Chorégraphe: Stephen Sunter (UK)

Musique: Hurt Me So Bad (Almighty Radio Edit) - Lulu



RIGHT CROSS ROCK, LEFT CROSS ROCK, IN FRONT, RIGHT ½ TURN, ROCK FORWARD

- 1&2 Right rock forward and across left, replace weight back to left, step right next to left
3&4 Left rock forward and across right, replace weight back to right, step left next to right
5-6 Step right in front of left, step left to left side making a ¼ turn right
7-8 Make a ¼ turn right on ball of left foot stepping right to right side, rock left forward and across right

ROCK BACK, STEP LEFT, RIGHT SAILOR, LEFT SAILOR, RIGHT BEHIND, UNWIND ½ TURN RIGHT

- 9-10 Replace weight to right, step left to left side
11&12 Step right behind left, step left to left, step right to right
13&14 Step left behind right, step right to right, step left to left
15-16 Cross right behind left, unwind ½ turn right, (weight ends on right)

LEFT CROSS ROCK, RIGHT CROSS ROCK, IN FRONT, LEFT ½ TURN, ROCK FORWARD

- 17&18 Left rock forward and across right, replace weight back to right, step left next to right
19&20 Right rock forward and across left, replace weight back to left, step right next to left
21-22 Step left in front of right, step right to right side making a ¼ turn left
23-24 Make a ¼ turn left on ball of right foot stepping left to left side, rock right forward and across left

ROCK BACK, STEP RIGHT, LEFT SAILOR, RIGHT SAILOR, LEFT BEHIND, UNWIND ½ TURN LEFT

- 25-26 Replace weight to left, step right to right side
27&28 Step left behind right, step right to right, step left to left
29&30 Step right behind left, step left to left, step right to right
31-32 Cross left behind right, unwind ½ turn left, (weight ends on left)

HEEL & HEEL & TOE & TOE, ¼ TURN HEEL & TOUCH, ROMP & STEP

- 33&34& Touch right heel forward, step right home, touch left heel forward, step left home
35&36& Touch right toe back, step right home, touch left toe back, step left home making a ¼ turn left
37&38 Touch right heel forward, step right home, touch left next to right
&39&40 Step back left, touch right heel forward, step right home, step forward left

RIGHT SHUFFLE, LEFT ROCK STEP, LEFT COASTER, STEP RIGHT, LEFT ½ PIVOT T

- 41&42 Shuffle forward right, left, right
43-44 Rock forward left, replace weight to right
45&46 Step back left, step right next to left, step forward left
47-48 Step forward right, pivot ½ turn left

RIGHT SHUFFLE, LEFT ROCK STEP, LEFT COASTER, STEP RIGHT, LEFT ½ PIVOT T

- 49&50 Shuffle forward right, left, right
51-52 Rock forward left, replace weight to right
53&54 Step back left, step right next to left, step forward left
55-56 Step forward right, pivot ½ turn left

STEP RIGHT, ½ PIVOT LEFT, FULL SPIN, TOUCH SIDE RIGHT, LEFT, RIGHT, HOLD

- 57-58 Step forward right, pivot ½ turn left
59-60 Full spin on ball of left foot, turning left and touch right next to left

If you don't want to do the spin, replace with stepping right-left on 59&, then touch right on 60

61&62 Touch right to right side, step right home, touch left to left side

&63-64 Step left home, touch right to right side, hold and snap fingers

REPEAT
