

What Hurts The Most

拍数: 32 墙数: 2 级数: Intermediate
编舞者: Ayu Permana (INA) - October 2014
音乐: What Hurts the Most - Rascal Flatts



Start after 16 counts music intro (32 – 32 – TAG(8) – 32 – 32 – TAG(6) – 16 – 32 – 24 ..)

SECTION 1.: CROSS – WEAVE – SIDE – RECOVER – CROSS – (2X) ¼ TURN – CROSS – RECOVER – CROSS (06.00)

1 Cross R over L
2 & 3 Sweep L from back to front, cross L over R – Step R to right side – Step L behind R
4 & 5 Step R to right side – Recover on L – Cross R over L
6 – 7 Turn ¼ right, step back on L (03.00) – Turn ¼ right, step R to right side (06.00)
8 & 1 Cross L over R – Recover on R – Slide L to left side

SECTION 2. FORWARD LOCKSTEP – FORWARD – ¼ TURN – CROSS – ¼ TURN – ½ TURN – ½ PIVOT TURN – FORWARD (06.00)

2 & 3 Step R forward – Lock L behind R – Step R forward
4 & 5 Step L forward – Turn ¼ right on R (09.00) – Cross L over R (slightly bend both knees)
6 – 7 Turn ¼ left, step back on R (06.00) – Turn ½ left, step L forward (straighten knees) (12.00)
8 & 1 Step R forward – Turn ½ right on L (06.00) – Step R forward

****RESTART: on wall 5**

SECTION 3. (2X) FORWARD LOCKSTEPS – FORWARD – RECOVER – ¼ TURN – CROSS SHUFFLE (03.00)

2 & 3 Step L forward – Lock R behind L – Step L forward
4 & 5 Step R forward – Lock L behind R – Step R forward
6 & 7 Step L forward – Recover on L – Turn ¼ left, step L to left side (03.00)
8 & 1 Cross R over L – Step L to left side – Cross R over L

SECTION 4. SCISSORS – (DIAGONAL) FWD COASTER STEP – 3/8 TURN – TOGETHER (06.00)

2 & 3 Slide L to left side – Step R next to L – Cross L over R
4 & 5 Slide R to right side – Step L next to R – Cross R over L
6 & 7 Step L forward diagonally left (01.30) – Step R next to L – Step L backward
8 & Sweep/ronde R making 3/8 turn right to face (06.00), step R slightly backward – Step L next to R

REPEAT

TAGS & RESTART:

***1st TAG(8): at the end of wall 2**

1 – 2 & 3 & Cross R over L – Sweep and cross L over R – Step R next to L – Cross L behind R – Step R next to L
4 & 5 – 6 Cross L over R – Step R next to L – Step L slightly backward – Touch R toe to right side
7 – 8 & Touch R toe next to next to L – Cross R over L – Recover on L

****2nd TAG(6): at the end of wall 4**

1 – 2 & 3 & Cross R over L – Sweep and cross L over R – Step R next to L – Cross L behind R – Step R next to L
4 & 5 – 6 Cross L over R – Step R next to L – Step L slightly backward – Touch R toe to right side

RESTART: On wall 5, do the dance for 16 counts only then start the next wall from the beginning

ENJOY AND HAPPY DANCING

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