

Hurt

拍数: 32 墙数: 2
编舞者: Asbare Bare (INA) - October 2023
音乐: Hurt - Christina Aguilera



I. NIGHT CLUB, ¼ TURN R BACK, SIDE, CROSS, ¼ TURN L BACK, HOOK, ½ TURN L FORWARD, ¼ TURN L FORWARD, FULL TURN

- 1 – 2& Step Rf to right side, Step Lf slightly behind Rf, Cross Rf over Lf
- 3 – 4& ¼ turn R Step back on Lf, Step Rf to right side, Cross Lf over Rf (03.00)
- 5 – 6 ¼ turn L Step back on Rf and hook Lf, ½ turn L Step Lf forward (06.00)
- 7 – 8& ¼ turn L Step Rf forward, ½ turn R Step back on Lf, ½ turn R Step Rf forward

II. ¾ TURN R BACK, BEHIND, SIDE, 1/8 TURN L FORWARD, FORWARD, ½ TURN R FORWARD, ½ TURN R BACK, WALK BACK, BACK, TOGETHER

- 1 – 2& ¾ turn R Step back on Lf sweep Rf from front to back, Cross Rf behind Lf, Step Lf to left side
- 3 – 4& 1/8 turn L Step Rf forward, Step Lf forward, ½ turn R weight on Rf (04.30)
- 5 – 6 ½ turn R Step back on Lf sweep Rf from front to back, Step back on Rf sweep Lf from front to back (10.30)
- 7 – 8& Step back on Lf sweep Rf front to back, Step back on Rf, Step Lf next to Rf

III. FORWARD, 3/8 TURN L RUN, CROSS, RONDE, BEHIND, ¾ TURN L, RUN

- 1 – 2& Step Rf forward, Step Lf forward, 1/8 turn L Step Rf forward (09.00)
- 3 – 4 ¼ turn L Step Rf forward, Cross Rf over Lf (06.00)
- 5 – 6 Make full turn L and ronde Lf, Cross Lf behind Rf
- 7 – 8& ¾ turn L weight on Lf, Step Rf forward, Step Lf forward (09.00)

IV. FORWARD, BACK, BACK, ¼ TURN L SIDE, ROCK SIDE, ¼ TURN R FORWARD, ½ TURN R BACK, ¼ TURN R SIDE, CROSS

- 1 – 2& Step Rf forward and bring Lf push straight forward, Step back on Lf Step back on Rf
- 3 – 4 ¼ turn L Step Lf to left side, Hold and bending L knee and bring your body to diagonal left (06.00)
- 5 – 6 Rock Rf to right side, Recover on Lf
- 7&8& ¼ turn R Step Rf forward, ½ turn R Step back on Lf ¼ turn R Step Rf to right side, Cross Lf over Rf

Restart on wall 3 & 7 after 24 count

Last Update – 3 Nov. 2023 – R1