

Hurts So Bad

拍数: 64 墙数: 2 级数: Intermediate
编舞者: Julie Dowse (AUS)
音乐: Hurts So Bad - Anthony Callea



SIDE ROCK, REPLACE, LOCK SHUFFLE, ¼ TURN, STEP BEHIND, ¼ TURN, SHUFFLE FORWARD

- 1-2-3&4 Rock/step right to right, replace weight to left, step right forward, lock left behind right, step forward right
5-6-7&8 ¼ turn right stepping left to left, cross/step right behind left, ¼ turn left shuffle forward - left, right, left (12:00)

STEP FORWARD, STEP TOGETHER, BACK COASTER, ROCK, REPLACE, ½ SHUFFLE

- 1-2-3&4 Step right forward, step left beside right, step right back, & step left beside right, step right forward
5-6-7&8 Rock/step left forward, replace weight to right, ½ shuffle over left - left, right, left (6:00)

STEP FORWARD, ¼ PIVOT LEFT, CROSS SHUFFLE LEFT, STEP FORWARD, ¼ PIVOT LEFT, CROSS/STEP STOMP, STOMP

- 1-2-3&4 Step right forward, ¼ pivot left, cross shuffle left -(right over left) - right, left, right, (3:00)
5-6-7&8 Step left forward, ¼ pivot right, cross/step left over right, & stomp right out to right, stomp left out to left (weight left) (6:00)

SAILOR BACK RIGHT, LOCK SHUFFLE BACK, ROCK BACK, REPLACE, FULL TURN LEFT FORWARD

- 1&2-3&4 Cross/step right behind left, & step left to left, rock center on right, step left back, lock right over left, step back left
5-6-7-8 Rock/step right back, replace weight to left, full turn forward over left- right, left (weight left) (6:00)

STEP SIDE, BEHIND, SIDE STEP, STEP TOGETHER, ¼ TURN STEP FORWARD, ¼ HINGE RIGHT, REPLACE WEIGHT, ½ HINGE LEFT, ½ HINGE LEFT

- 1-2-3&4 Step right to right, cross/step left behind right, step right to right, & step left beside right, ¼ turn right stepping right forward (9:00)
5-6-7-8 ¼ hinge over right rocking left to left, replace weight to right, ½ hinge over left stepping left to left, ½ hinge over left stepping right to right. (12:00)

STEP BEHIND, SIDE STEP, CROSS SHUFFLE RIGHT, ROCK, REPLACE, ¾ TURN RIGHT TRIPLE STEP

- 1-2-3&4 Step/cross left behind right, step right to right, cross shuffle right - (left over right) - left, right, left
5-6-7&8 Rock/step right to right, replace weight to left, ¾ triple step turn over right - right, left, right (9:00)

STEP FORWARD, STEP BESIDE, SYNCOPATED VINE RIGHT, ¼ TURN LEFT, ¼ TURN LEFT SIDE SHUFFLE RIGHT

- 1-2-3&4 Step left forward, step right beside left, cross/step left behind right, & step right to right, cross/step left over right (9:00)
5-6-7&8 ¼ turn left stepping back on right, ¼ turn left stepping left to left, side shuffle to right - right, left, right (3:00)

ROCK FORWARD, REPLACE, BALL STEP, ROCK FORWARD, REPLACE, BALL STEP, STEP FORWARD, ¼ PIVOT CROSS SHUFFLE RIGHT

- 1-2&3-4& Rock/step left forward, replace weight to right, & step left beside right, rock/step right forward, replace weight to left, & step right beside left (weight right)
5-6-7&8 Step left forward, ¼ pivot right, cross shuffle right -(left over right) -left, right, left (6:00)

REPEAT

RESTART

Restart occurs on wall 2. Dance the first 32 counts then restart dance facing front wall
