

Hurt

拍数: 48 墙数: 4 级数: Improver
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音乐: 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

