

# Hurts Instead

拍数: 32      墙数: 2      级数: Advanced  
编舞者: Dan McInerney (UK) - February 2011  
音乐: Someone Like You - Adele : (Album: 21)



**Starts: After 16 counts/14 seconds just before she sings "heard"**

## **SIDE, COASTER STEP, STEP FULL TURN HALF SWEEP, BEHIND TURN TURN ROCK**

- 1, 2&      Step R to R side as you open body to L diagonal (11:00), make 1/4 L stepping L back, step R together (09:00)
- 3, 4&      Step L forward, step R forward, making 1/2 turn R step L back (03:00)
- 5&6      Making 1/2 turn R step R forward, making 1/2 R step L back, sweep R around and behind L (03:00)
- 7&8&      Step weight down onto R, making 1/4 turn L step L forward, making 1/4 turn L step R to R side, making 1/2 turn L rock L to L side (03:00)

**(TAG: dance Tag 2 here on wall 4 (facing 09:00) then restart the dance)**

## **RECOVER CROSS SIDE, BEHIND QUARTER STEP LOCK, WALK, WALK, WALK, POINT**

- 1&2      Recover weight onto R, cross L over R, step big step R
- 3&4&      Cross L behind R, making 1/4 turn R step R forward, step L forward, lock R behind L (06:00)
- 5, 6      Step L forward, step R forward
- 7, 8      Step L forward taking all weight, R should be behind so point R slightly back (toe close to the floor)

**(STYLING: on count 2, open your body to L diagonal (02:00) as you look to L side)**

## **TURN STEP TURN PRESS, RECOVER TURN, STEP TURN TURN, POINT, FULL TURN, ROCK RECOVER**

- &1&2      Making 1/2 turn R step onto R, step L forward, pivot 1/2 turn R with weight ending on R, press L forward (06:00)
- 3, 4      Recover weight onto R as you make 1/2 turn L, step L forward
- (RESTART: restart here on wall 6 (facing 03:00) and on wall 8 (facing 09:00))**
- &5, 6      Making 1/2 turn L step R back, making 1/2 turn L step L forward, point R to R side (12:00)
- 7&8&      Make a full turn R on ball of L foot, transfer weight onto R, rock L to L side, recover onto R (12:00)

## **CROSS QUARTER QUARTER ROCK CROSS, SIDE, CROSS ROCK SIDE, CROSS ROCK SIDE CROSS**

- 1&2&      Cross L over R, making 1/4 turn L step R back, making 1/4 L rock L to L side, recover onto R (06:00)
- 3, 4      Cross L over R, step R to R side
- 5&6      Rock L across over R, recover weight onto R, step L to L side
- 7&8&      Rock R across over L, recover weight onto L, step R to R side, cross L over R

**(TAG: dance Tag 1 here at the end of wall 2)**

## **REPEAT**

### **TAG 1:**

**A weave danced at the end of wall 2, facing the front (12:00). After the tag, continue to dance from the beginning.**

- 1&2&      Step R to R side, cross L behind R, step R to R side, cross L over R

### **TAG 2:**

**A slightly different weave danced after 8& counts of wall 4, you dance the tag facing the L side wall (09:00).**

- 1&2&      Recover weight onto R, cross L over R, step R to R side, cross L behind R

**After Tag 2, restart the dance from the beginning. This means you'll now be dancing on the side walls.**

## RESTARTS

Both restarts happen in the same place and they'll be on side walls. The restart is after count 4 of the 3rd section

(i.e. after count 20). As per normal, you step L forward then restart by stepping R to R side.

1st restart, wall 6 – you'll restart facing the R side wall (03:00).

2nd restart, wall 8 – the tempo will slow so slow your steps also - you'll restart facing the L side wall (09:00).

(v1, 210211)

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