

Too Hurt

拍数: 64 墙数: 2 级数: Intermediate
编舞者: Levin Lee (MY) - January 2013
音乐: Shang Bu Qi (傷不起) - Lao Mao (老貓) & Wang Lin (王麟)



No Tags! No Restarts!

Intro 72 counts (about 38 sec) commence on the vocal.

[1 – 8] R Jazz Box, Monterey ¼ Turn R, Touch & Touch, Step Together

1, 2, 3, 4 Cross R over L (1), Step back on L (2), Step R to R side (3), Step L next to R (4)
5, 6 Point R to R side (5), ¼ turn R stepping R beside L (6)
7 & 8 & Touch L over R side (7), Step L next to R side (&), Touch R over L side (8), Step R next to L (&)

[9 – 16] Front Rock Recover, Back Shuffle, Back Rock Recover, Full Turn / Walk Walk

1, 2 Step L forward (1), Recover on R (2)
3 & 4 Shuffle L behind R on L (3), R, (&) L (4)
5, 6 Step R behind L (5), Recover on L (6)
7, 8 Step back on R (making ½ turn L) (7), Step forward on L (making ½ turn L) (8)

*Option: Walk forward on R (7), L (8)

[17 – 24] Lock Step, Forward Shuffle, Forward Rock Recover, ¼ Turn Left Shuffle

1, 2 Step R forward (1), Step L behind R (2)
3 & 4 Shuffle R forward on R (3), L (&), R (4)
5, 6 Step L forward (5), Recover on R (6)
7 & 8 ¼ turn L stepping L to L side (7), Close R beside L (&), Step L to L side (8)

[25 - 32] Heel Switches x 2, Forward Step, Pivot ½ Turn Left, Touch, ½ Turn Left/"Dip"

1 & 2 & Touch R heel Fwd (1), Step R beside L (&), Touch L heel fwd (2), Step L beside R (&)
3 & 4 & Touch R heel Fwd (3), Step R beside L (&), Touch L heel fwd (4), Step L beside R (&)
5, 6 Step R forward (5), Pivot ½ turn L taking weight on R (6)
7, 8 Touch L behind R (7), Turn ½ L and step L in place (8) (facing 12.00)

[33 - 40] Bumps Hips RLR, Bumps Hips LRL, Forward Step, Pivot ½ Turn Left, Forward Shuffle

1 & 2 Bump R hips forward (1), bump L hips back (&), bump R hips forward taking weight to R (2)
3 & 4 Bump L hips forward (3), bump R hips back (&), bump L hips forward taking weight to L (4)
5, 6 Step R forward (5), Pivot ½ turn L (6)
7 & 8 Shuffle R forward on R (7), L (&), R (8)

[41 - 48] Syncopated Rock Forward, Walk Back, Touch

1, 2 Rock forward L (1), Recover on R (2)
& 3, 4 Step L beside R (&), Rock forward R (3), Recover on L (4)
5, 6, 7 Walk back on R (5), L (6), R (7)
8 Touch L next to R side (8)

[49 - 56] Side Rock Together, Side Rock Together, Forward Step, Hitch, Touch, ½ Turn Right/"Dip"

1, 2 & Rock L to L side (1), Recover on R (2), Step L beside R (&),
3, 4 & Rock R to R side (3), Recover on L (4), Step R beside L (&)
5, 6 Step L forward (5), Hitch with R knee (6)
7, 8 Touch R behind L (7), Turn ½ R and step R in place (8) (facing 12.00)

[57 - 64] Cross Shuffle, Side Together, Forward Step, Pivot ½ Turn Left

1 & 2 & 3 & 4 Cross L over R (1), Step R to R side (&), Cross L over R (2), Step R to R side (&), Cross L
over R (3), Step R to R side (&), Cross L over R (4)
5, 6 Step R to R side (5), Step L together with R (6)
7, 8 Step R forward (7), Pivot ½ turn L (8) (facing 6.00)

Happy Dancing!!

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