

# It Hurts A Bunch

拍数: 32      墙数: 2  
编舞者: Helena Davies (UK) - June 2013  
音乐: Liquid Lunch - Caro Emerald

级数: Easy Intermediate



(a.k.a. Liquid Lunch)

Intro: 32 counts after heavy drum beat

## S1:

1-2            Walk fwd L-R  
3&4&        Rock-step L fwd, Recover On R, Rock-step L to L side, Recover on R  
5&6        L sailor 1/4 turn L (9)  
7-8        Step R behind L, Touch L to L side

## S2:

1&2            Step L behind R, Step R back into 1/4 turn R, Step L fwd (12)  
3-4            Step R to R side and sway R, Sway L  
5-6            Step R out and fwd to R corner, Step L out and fwd to L corner  
7-8            Step R in and back, Step L beside R

optional:

on counts 5-6 touch R&L hands to forehead

on counts 7-8 touch R&L hands to tummy

## S3:

1&2            Step R back, Lock-step L over R, Step R back  
&3-4        Jump back L-R, Clap  
5-6            Cross-step L over R, Step R back into 1/4 turn L (9)  
&7&8        Step L back, Cross-step R over L, Step L to L side, Cross R over L

## S4:

1-2            Step L back into 1/4 turn R, Step R to R side into 1/4 turn R (3)  
3&4            Cross-step L over R, Step R to R side, Cross-step L over R  
5-6            Step R 1/8 turn R, Step L 1/8 turn R (6)  
7&8            Rock/Stomp R to R side, Recover on L, Rock/Stomp R to R side

optional: Shake R shoulder & head to R when stomping

## TAGS - 2:

After 3rd Rotation - facing back wall - do the following Charleston steps

1-4            Step L fwd, Kick R fwd, Step R back, Touch L back  
5-8            Step L fwd, Kick R fwd, Step R back, Touch L back - and restart dance

After 6th Rotation - facing front wall:

Repeat 1-8 Charleston steps - and Restart dance again

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