

# Pretty Hurts

拍数: 32      墙数: 2      级数: Intermediate  
编舞者: Adrian Lefebour (AUS) - June 2014  
音乐: Pretty Hurts - Beyoncé



Notes: 32 count after the talking and the first Uh Huh Huh,  
So you start the dance on the beat after the third Uh Huh Huh.

## [1-8] □ Cross Samba, Step Across, 1/4 Turn, 1/2 Turn, Sweep, Step Across, Step Back, Step Back, Step Across, Step Back, 1/4 Turn, Step

1&2            Cross step L over R, Step R to R side, Step L in place  
3&4&          Step R across L, 1/4 Turn R Step L back, 1/2 Turn R Step R fwd, Sweep L around (9.00)  
5&6            Step L across R, Step R back, Step L back whilst dragging R towards L  
7&8            Step R across L, Step L back, 1/4 Turn R Step R to R side (12.00)

## [9-16] □ Step Fwd, Hitch R, Step Across, Step Back, 1/2 Turn, 1/2 Pivot Turn, Step Fwd, Hitch, Step Back, 1/2 Turn, Step Spiral Turn, Step Fwd

1&2&3          Step R fwd (1.00), Hitch R knee up across L, Step R across L, Step L back, 1/2 Turn R Step R fwd (7.00)  
4&5&          Step L fwd, 1/2 Pivot Turn R (weight on R) (1.00), Step L fwd, Hitch R knee up  
6&             Step R back, 1/2 Turn L Step L fwd (7.00)  
7,8&          Step R fwd (prep), Full Spiral turn over L leaving weight on R, Step L fwd (7.00)

## [17-24] □ Step fwd, Sweep, Step Across, Step Back, 1/4 Turn Drag, Step 3/4 Turn, Cross Samba, Step Across, Step Side

1&2&3          Step R fwd, Sweep L around, Step L across R, Step R back straightening up to the (6.00) wall, 1/4 Turn L Step L to L side whilst dragging R towards L (3.00)  
4&5            Step R fwd, 1/2 Turn R Step L back, 1/4 Turn R Step R to R side  
6&7            Cross Step L over R, Step R to R side, Step L in place  
&8             Step R across L, Big step to L step L to side whilst dragging R towards L

## [25-32] □ Rock/Step Back, Replace, 1/4 Turn, 1/4 Pivot Turn, Step Fwd, 1/2 Turn, 1/4 Turn Rock, 1/4 Turn, 1/2 Turn, 1/2 Turn, 1/2 Pivot Turn

1&             Rock Step R back, Replace weight on L  
2&3            1/4 Turn R Step R fwd, Step L fwd, 1/4 Pivot Turn R (weight on R) (6.00)  
4&5            Step L fwd, 1/2 Turn L Step R back, 1/4 Turn L Rock L to L side (9.00)  
6&7            1/4 Turn R Step R fwd, 1/2 Turn R Step L back, 1/2 Turn R Step R fwd (12.00)  
8&             Step L fwd, 1/2 Pivot Turn R (weight on R) (6.00)

## START AGAIN

### TAG: End of Wall 2

1,2&          Step L across R, Replace weight back on R, Step L next to R  
3,4&          Step R across L, Replace weight back on L, Step R next to L

FINISH: On wall 8 dance to count 11 to finish facing the 1 o'clock wall.

Contact: Adrian Lefebour – 0412 207 745 - [alefebour@gmail.com](mailto:alefebour@gmail.com)