

Hurts Like A Cha Cha

COPPERKNOB
STEPSHEETS

拍數: 64 牆數: 2 級數: Intermediate
編舞者: Simon Ward (AUS), Daniel Trepát (NL) & Fred Whitehouse (IRE) - October 2017
音樂: Nothing Ever Hurt Like You - James Morrison



Intro: 40 counts from first beat in music (app. 20 sec. into track)

**** Winner of the Pro Challenge Competition at the Windy City Linedancemania ****

[1 – 8] Cross, ¼ turn L with a drag, Step fwd, Step Lockstep, Step fwd, Step fwd with a ¾ turn Spiral turn R, Step R

1 – 3 Cross L over R (1), ¼ turn L dragging the R next to L (2), Step R forward (3) 9:00
4&5 Step L forward (4), Lock R behind L (&), Step L forward (5) 9:00
6 – 8 Step R forward (6), Step L forward & make a ¾ turn R spiral turn (7), Step R to R side (8) 6:00

[9 – 16] Touch with Snap, Hip L R, ¼ turn L 2x, Weave, Hold

1 – 3 Touch L next to R & snap R fingers & look R (1), Step L to L side with Hip L (2), Change weight to R with Hip R (3) 6:00
4 – 5 ¼ turn L stepping L forward (4), ¼ turn L stepping R to R side (5) 12:00
6&7 - 8 Cross L behind R (6), Step R to R side (&), Cross L over R (7), Hold (8) 12:00

[17 – 24] Side, Cross with Sweep, Cross, Side, 1/8 turn L, Walk R L, Step Lockstep, Step fwd

&1 Step R to R side (&), Cross L behind R & sweep R from front to back (1) 12:00
2 – 5 Cross R behind L (2), Step L to L side (3), 1/8 turn L stepping R fwd (4), Step L fwd (5) 10:30
6&7 – 8 Step R forward (6), Lock L behind R (&), Step R forward (7), Step L forward (8) 10:30

[25 – 33] ½ turn R, Head Move, Heel Swivel 2x, Step fwd, Side with Spiral turn R, Cha cha R

1 – 3 ½ turn R keeping the weight on L (1), Look over the L shoulder (2), Look back to front (3) 4:30
&4&5 Twist R heel out (&), Turn R heel back (4), Twist R heel out (&), Turn R heel back (5) 4:30
6 – 7 1/8 turn R stepping on R (6), Step L to L side & turn a ½ turn spiral R (7) 12:00
8&1 Step R to R side (8), Step L next to R (&), Step R to R side (1) 12:00

[34 – 40] Hold, Ball Cross, Side, ½ turn Touch with Knee Switches (Head Movement)

2&3 – 4 Hold (2), Step L on ball next to R (&), Cross R over L (3), Step L to L side (4) 12:00
5&6& Touch R next to L with knee forward (5), ¼ turn R stepping R next to L (&), Touch L next to R with knee forward & head down (6), Step L in place (&) 3:00
7&8& Touch R next to L with knee forward & head up (7), ¼ turn R stepping R next to L (&), Touch L next to R with knee forward & head down (8), Step L in place (&) 6:00

[41 – 48] Kick, Walk R L, Step Lockstep, Rockstep, ½ turn L, Step fwd

1 – 3 Head up & Kick R forward (1), Step R forward (2), Step L forward (3) 6:00
4&5 Step R forward (4), Lock L behind R (&), Step R forward (5) 6:00
6 – 8 Rock L forward (6), Recover on R (7), ½ turn L stepping L forward (8) 12:00

Restart In wall 2 & 4. Replace count 8 with a touch L to L side

[49 – 56] 3x Turning Hip Rolls with Cross, Out, Out, In, Cross

1 – 2 ¼ turn L stepping R to R side & pushing your hip back and to R (1), Cross L over R (2) 9:00
3 – 4 ¼ turn L stepping R to R side & pushing your hip back and to R (3), Cross L over R (4) 6:00
5 – 6 ¼ turn L stepping R to R side & pushing your hip back and to R (5), Step L forward (6) 3:00
&7&8 Step R out (&), Step L out (7), Step R in (&), Cross L over R (8)

(go up on ball of feet on the out out) 3:00

[57 – 64] Diagonal Kick & Sit, Swivel L, ¼ turn L swivel R, Step L R fwd, ½ turn L, Kick & Close

- 1&2 Kick R diagonally R forward (1), Step R to the R side (&), Bend knees and sit weight on R (2)
3:00
- 3 – 4 Swivel heels to L (3), Swivel heels to R with a ¼ turn L (4) 12:00
- 5 – 8& Step L forward (5), Step R forward (6), ½ turn L stepping L forward (7), Kick R forward (8),
Step R next to L (&)

We are looking forward to dance it with you on the dancefloor!
