

Hurts So Good

拍數: 64 牆數: 2 級數: Intermediate
編舞者: Carl Sullivan (AUS) - January 2019
音樂: Hurts So Good - John Mellencamp : (Album: The Best That I Could Do)



Start on Vocals - Sequence is 64, 44, 64, 36, 64, 64, 32

- 1-2 Step R to R, Step L beside R
3&4 Step R fwd, ¼ R Step L beside R, Step R back (triple step) - 3:00
5-6 Step L behind R, Step R to R
7&8 Cross Samba (L, R, L)
- 1-2 Cross-step R over L, Step L to L
3&4 3/8 R Side Shuffle on diagonal
5-6 Step L across in front of R, Step R to R on diagonal
7&8 Sailor Step (L, R, L) on diagonal finishing facing 6:00 (L fwd) 6:00
- 1-2 Cross-step R over L, Step L to L
3&4 ½ R Side shuffle R-L-R to R side - 12:00
5-6 Cross-step L over R, Step R to R
7&8 Step L behind R, Step R to R, Cross-step L over R
- 1-2-3&4 Rock R to R, Replace on L, Cross shuffle R-L-R to L side
5-6-7&8 Step L to L, Step/Slide R beside L, Low Kick L to L diagonal, Ball-Cross
- 1-2-3&4 (R2) Rock L to L, Replace on R, ½ turn L Side shuffle... Restart 2 - 6:00
5-6-7&8 Cross-step R over L, Step L to L, ¼ R Sailor Step (R, L, R) - 9:00
- 1-2-3&4 (R1) Step L fwd, Step R fwd turning ½ L, Side Shuffle L-R-L to L side - 3:00
5-6 Cross Rock R over L, Replace on L
7&8 ¼ R Fwd Shuffle R-L-R, - 6:00
- 1-2-3-4 Step L fwd, Kick R fwd, Step R back Touch L toe back
5-6-7-8 Step L fwd, Roll fwd L stepping R, L, R
- 1-2 Step L fwd to L, Step R to R
3-4 ½ turn L Step L fwd to L, Step R to R - 12:00
5&6-7-8 Shuffle fwd L-R-L, Step R fwd, Pivot ½ turn L onto L - 6:00

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64

Restarts: -

R1. On Wall 2 dance 43 ½ counts then ¼ L Step L fwd on count 44.

R2. On Wall 4 dance 34 count, then Step L to L, Touch R beside L

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