

Hurts So Good

COPPER KNOB
BYEBOHEETS

拍數: 32 牆數: 4 級數: Improver
編舞者: Cody Flowers (USA) - May 2019
音樂: Hurts So Good - John Mellencamp



Dance starts 27 seconds into song

[1-8] Charleston (x2)

1 2 Step RF forward, Touch Left Heel forward while clapping your hands twice (12:00)
3 4 Step LF beside RF, Touch Right Toe back while clapping your hands once (12:00)

Restart here on Wall 8 facing 6:00

5 6 Step RF forward, Touch Left Heel forward while clapping your hands twice (12:00)
7 8 Step LF beside RF, Touch Right Toe back while clapping your hands once (12:00)

[9-16] Step-Touch, ¼ Triple, ¼ Sway (x2)

1 2 Step RF to right side, Touch LF beside RF (9:00)
3&4 ¼ Turn left stepping LF forward, Step RF beside LF, Step LF forward (9:00)
5 6 ¼ Turn left rocking RF to right side swaying hands to right, Recover weight on LF swaying
 hands to left (6:00)
7 8 ¼ Turn left rocking RF to right side swaying hands to right, Recover weight on LF swaying
 hands to left (3:00)

Restart here on Wall 4 facing 9:00

[17-24] Side-Behind, ¼ Triple, Rock-Recover, ½ Triple

1 2 Step RF to right side, Step LF behind RF (3:00)
3&4 ¼ Turn right stepping forward on RF, Step LF beside RF, Step RF forward (6:00)
5 6 Rock forward on LF, Recover weight on RF (6:00)
7&8 ½ Turn left stepping forward on LF, Step RF beside LF, Step forward on LF (12:00)

[25-32] ¼ Toe Strut (x2), ¼ Rocking Chair

1 2 ¼ Turn left touching ball of RF to right side bumping hip right, Step down on RF (9:00)
3 4 ¼ Turn left touch ball of LF forward bumping forward, Step down on LF (6:00)

Restart here on Wall 3 facing 12:00 & Wall 12 facing 9:00

5 6 Rock forward on RF, ¼ Turn right recovering weight on LF (9:00)
7 8 Rock back on RF, Recover weight on LF

Begin the Dance Again!

dancewithcody@gmail.com | 561.755.2711
codytflowers.weebly.com