

# Don't Hurt

拍數: 64      牆數: 2      級數: Intermediate  
編舞者: Karl-Harry Winson (UK) & Kate Sala (UK) - January 2020  
音樂: Hurt - Louise : (Single)



“Dedicated to the memory and legacy of our dear friend Robbie McGowan Hickie”

Intro: 16 Counts - Music available from [amazon.co.uk](https://www.amazon.co.uk) – [play.com](https://www.play.com) – [iTunes](https://www.apple.com/itunes).

## Forward Rock. Triple Full Turn. Forward Rock. Shuffle 1/2 Turn Left.

1 – 2      Rock Right forward. Recover weight on Left.  
3&4      Triple full turn Right stepping: Right, Left, Right.  
5 – 6      Rock forward on Left. Recover weight on Right.  
7&8      Shuffle 1/2 turn Left stepping: Left, Right, Left. 6 o'clock

## Cross. Side. Sailor 1/4 Turn Right. Full Turn Right. Left Mambo Step.

1 – 2      Cross Right over Left. Step Left to Left side.  
3&4      Cross Right behind Left turning 1/4 Right. Step Left beside Right. Step Right forward. 9 o'clock  
5 – 6      Turn 1/2 Right stepping Left back. Turn 1/2 Right stepping Right forward. 9 o'clock  
7&8      Rock forward on Left. Recover weight on Right. Step back on Left.

## Walk Back X2 (with toe fans). Right Coaster Step. Left Cross Rock. Left Scissor Step.

1 – 2      Walk back on Right (fanning Left toes out). Walk back on Left (fanning Right toes out).  
3&4      Step Right back. Step Left beside Right. Step Right forward.  
5 – 6      Cross rock Left over Right. Recover weight on Right.  
7&8      Step Left to Left side. Close Right beside Left. Cross step Left over Right.

## Chasse Right. 1/4 Turn Chasse Left. Cross Rock. Ball Cross. Right Scuff.

1&2      Step Right to Right side. Close Left beside Right. Step Right to Right side.  
3&4      Turn 1/4 Left stepping Left to Left side. Close Right beside Left. Step Left to Left side. 6 o'clock  
5 – 6      Cross rock Right over Left. Recover weight on Left.  
&7,8      Step Right beside Left. Cross step Left over Right. Scuff Right beside Left (slightly sweep around Left).

\*Restart Here on Wall 5 facing 6 o'clock.

## Cross. Side. Sailor 1/4 Heel. Ball-Step. 1/4 Turn Left. Sailor 1/4 Heel.

1 – 2      Cross Right over Left. Step Left to left side.  
3&4      Turn 1/4 Right stepping Right back. Step Left beside Right. Dig Right heel forward. 9 o'clock  
&5,6      Step Right beside Left. Step Left forward. Turn 1/4 Left stepping Right to Right side. 6 o'clock  
7&8      Turn 1/4 Left stepping Left back. Step Right beside Left. Dig Left heel forward. 3 o'clock

## (&) Right Forward Rock. Ball-Step. Back Step. Left Back Rock. Ball-Step. Forward Step.

&1,2      Step Left beside Right. Rock forward on Right. Recover weight on Left.  
&3,4      Step Right beside Left. Step Left back. Step back on Right.  
5 – 6      Rock back on Left. Recover weight on Right.  
&7,8      Step Left beside Right. Step forward on Right. Step Left forward. 3 o'clock

## Forward Rock. Right Full Turn Back. Right Back Rock. Right Kick Ball-Step.

1 – 2      Rock Right forward. Recover on Left.  
3 – 4      Turn 1/2 Right stepping forward on Right. Turn 1/2 Right stepping back on to Left. 3 o'clock  
5 – 6      Rock back on Right. Recover on Left.

7&8 Kick Right forward. Step Right beside Left. Step Left forward.

**Cross. Touch. Left Samba Step. Jazz Box 1/4 Turn Right.**

1 – 2 Cross Right over Left. Touch Left toe out to Left side.

3&4 Cross Left over Right stepping slightly forward. Rock Right to Right side. Recover on Left.

5 – 8 Cross Right over Left. Turn 1/4 Right stepping Left back. Step Right to Right side. Step forward on Left. 6 o'clock

**\* Restart: On Wall 5, dance 32 Counts and restart the dance facing 6 o'clock Wall.**

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