

Words Still Hurt

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Fred Whitehouse (IRE) - March 2023
音樂: Words - Mickey Guyton



Intro: 16 Counts, Start at approx 13 secs

SEC 1: Step Hitch, Back Sweep, Back Sweep, Weave, ¼ Scissor Step, Step, Full Spiral

- 1 Step left forward hitching right knee
- 2-3 Step right back sweeping left from front to back, step left back sweeping right from front to back
- 4&5 Step right behind left, step left to left, cross right over left
- 6&7 Step left to left, turn ¼ right step right beside left, step left forward (3:00)
- 8 Step right forward spiralling full turn left hooking left over right (3:00)

Option

- 8 Step right forward

**** Restart: Here on Walls 3 and 7 (Facing 9.00)**

SEC 2: Step Sweep, Weave Sweep, Behind, ¼ Step, Nightclub Basic, Slow Sway, Quick Sways

- 1 Step left forward sweeping right from back to front
- 2&3 Cross right over left, step left to left, step right behind left sweeping left from front to back
- 4& Step left behind right, turn ¼ right step right forward (6:00)
- 5-6& Step left to left, step right beside left, cross left over right
- 7-8& Step right to right swaying body right, sway body left, sway body right

Styling Slightly compress into right knee on last sway

SEC 3: ½ Fallaway, Sway, Full Run Around Sweep

- 1-2& Step left to left, turn ⅛ right step right back, step left back (7:30)
- 3-4& Turn ⅛ right step right to right, turn ⅛ right step left forward, step right forward (10:30)
- 5-6 Turn ⅛ right step left to left, sway body right (12:00)
- 7& Turn ¼ left step left forward, turn ⅛ left step right forward (7:30)
- 8& Turn ⅛ left step left forward, turn ¼ left step right forward (3:00)
- 1 Turn ¼ left step left forward sweeping right from back to front (12:00)

SEC 4: Weave Hook, Step, Point, Drag, ¼ Step, Step, ½ Pivot, Step, ½ Pivot

- 2&3 Cross right over left, step left to left, step right behind left hooking left over right

Styling Angle body to 1:30 on hook as you feel a big draw in towards body

- 4&5 Cross left over right, point right to right, drag right towards left
- 6 Turn ¼ right step right forward (3:00)
- 7& Step left forward, pivot ½ right transferring weight onto right (9:00)
- 8& Step left forward, pivot ½ right transferring weight onto right (3:00)

Option Rocking Chair

- 7& Rock left forward, recover weight onto right
- 8& Rock left back, recover weight onto right

Last Update: 21 Mar 2023