

Hurt No More

拍數: 32 牆數: 2 級數: Intermediate
編舞者: Grace David (KOR) & Amanda Rizzello (FR) - November 2023
音樂: Hurt No More - CHASE WRIGHT



Intro: 16 Counts, Tags

Sequence: 32, 32, Tag, 32, 32, Tag, 32, 32, Tag

SEC 1: WALK, WALK, SIDE-ROCK, CROSS, ½ BACK SHUFFLE, ¼ SIDE ROCK-RECOVER

1 2 Step RF Fwd, Step LF Fwd,
3&4 Rock RF on R side, Recover on LF, Cross RF over LF
5&6 Turn ¼ to R stepping LF on side, Step RF next to LF, Turn ¼ to R stepping LF back(6:00)
7 8 Turn 1'4 to L Rocking RF on side, Recover on LF (9:00)

SEC 2: CROSS SHUFFLE, SIDE-ROCK, CROSS, HINGE TURN, CROSS-ROCK, RECOVER

1&2 Cross RF over LF, Step LF slightly behind RF on ball, Cross RF over LF
3&4 Rock LF on L side, Recover on RF, Cross LF over RF
5 6 Turn ¼ to L stepping RF back, Turn ¼ L stepping LF on side (3:00)
7 8 Rock RF over LF, Recover on LF

SEC 3: SIDE CHASSE, 1/8 WALK, WALK, FORWARD MAMBO, BACK W/ SWEEPS

1&2 Step RF on R side, Step LF next to RF, Step R on side
3 4 Turn 1/8 to R Stepping LF Fwd, Step RF Fwd (4:30)
5&6 Rock LF Fwd, Recover on RF, Step LF Back
7 8 Step RF back sweeping LF from front to back, Step LF back sweeping RF from front to back

SEC 4: 1/8 WEAVE STEP, BACK DRAG, BALL, WALK, WALK, ¾ TURN TO LEFT

1&2& Step RF behind LF, Turn 1/8 to L stepping LF on side, Cross RF over LF, Step LF on L side(9:00)
3 4 Big Step back on RF, Drag LF towards RF
&56 Step LF next to RF on ball, Step RF Fwd, Step LF Fwd,
7 8 Turn ½ to L stepping RF back, Turn ¼ to L stepping LF on L side (6:00)

(Optional Turn: On Counts 78, Can do double 1 & ¾ Turn with counts 7&8& to face the next wall)

TAG: (After 2nd, 4th, 6th Wall, all facing 12 :00)

[1-8] R SIDE, HOLD, BALL, SIDE, TOGETHER, CROSS, HINGE TURN, CROSS ROCK-RECOVER

1 2 Step RF on R side, Hold
&3 4 Step LF next to RF on ball, Step RF on R side, Step LF next to RF
5 6 7 Cross RF over LF, Turn ¼ to R stepping LF back, Turn ¼ to R stepping RF on side
8& Rock LF over RF, Recover on RF

[1-8] L SIDE, HOLD, BALL, SIDE, TOGETHER, CROSS, HINGE TURN, STEP FORWARD, BALL

1 2 Step LF on L side, Hold
&3 4 Step RF next to LF on ball, Step LF on L side, Step RF next to LF
5 6 7 Cross LF over RF, Turn ¼ to L stepping RF back, Turn ¼ to L stepping LF on side
8& Step RF Fwd, Step LF next to RF on ball

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