

Hurt No More

拍數: 80 牆數: 2 級數: High Intermediate
編舞者: Kate Sala (UK) - February 2024
音樂: Hurt No More - CHASE WRIGHT



Start on vocals.

Long Step right, Behind, Side, Cross Rock, Recover, 1/4 Turn, Step 3/4 turn, side Step, Coaster Step.

1 2 & Long step on R to right side. Cross step L behind R. Step R to right side.
3 & 4 Cross rock L over R. Recover on to R. Turn 1/4 left stepping forward on L.
5 & 6 Step forward on R. Pivot 3/4 turn left. step R to right side. 12:00
7 & 8 Step back on L. Step R next to L. Step forward on L.

Walk Forward x 2, Step Pivot 1/2 Turn Left, Step, Triple Full Turn Right, Jazzbox 1/4 Turn Right.

1 2 Walk forward on R, L.
3 & 4 Step forward on R. Pivot 1/2 turn left. Step forward on R. 6:00
5 & 6 Triple step full turn right travelling forward on L, R, L.
7 & 8 Cross step R over L. Turn 1/4 right stepping back on L. Step R to right side. 9:00

Cross Step, Side, Sailor Step, Cross Step, Turn 1/4 Right, 1/4 Right With Chasse Right.

1 2 Cross step L over R. Step R to right side.
3 & 4 Cross step L behind R. Step R to right side. Step L to left side.
5 6 Cross step R over L. Turn 1/4 right stepping back on L.
7 & 8 Turn 1/4 right stepping R to right side. Step L next to R. Step R to right side. 3:00

Cross Rock Recover Side, Cross Rock Recover Side, Cross Rock Recover Turn 1 1/4 Left With Step Ball Turn, Cross.

1 & 2 Cross rock on L over R. Recover on to R. Small step on L to left side.
3 & 4 Cross rock on R over L. Recover on to L. Small step on R to right side.
5 & 6 Cross rock on L over R. Recover on to R. Turn 1/2 left stepping L in place.
& 7 8 Step down on ball of R. Turn 3/4 left stepping down on L. Cross step R over L. 12:00

Sway Left, Right, Chasse Left, Cross Lunge, Recover With Ronde 1/2 Turn Right, Behind, Side, Cross.

1 2 Step L to left side swaying hips Left. Sway Right.
3 & 4 Step L to left side. Step R next to L. Step L to left side.
5 6 Cross lunge on R over L. Recover on to L With R ronde 1/2 turn right. 6 :00
7 & 8 Cross step R behind L. Step L to left side. Cross step R over L.

Basin NC Step Left, Turn 1/4 Right, Kick, Press, Recover Ball Step, Cross.

1 2 & Long step on L to left side. Small cross step on R behind L. Cross step L over R.
3 4 Turn 1/4 right stepping forward on R. Kick L forward raising up on ball of R. 9:00
5 6 Press forward on L. Recover.
& 7 8 Step L next to R. Step forward on R. Cross step L over R.

Side Rock Recover Behind Step x 2, Turn 1/4 Right, Turn 1/2 Right, Rock Back Recover Turn 1/2 Left.

1 & 2 Side rock on R out to right side. Recover on to L. Cross step R behind L.
3 & 4 Side rock on L out to left side. Recover on to R. Cross step L behind R.
5 6 Turn 1/4 right stepping forward on R. Turn 1/2 right stepping back on L. 6:00
7 & 8 Rock back on R. Recover on to L. Turn 1/2 left stepping back R.

Turn 1/2 Left, Triple Full Turn Left, Step Forward, Cross, Diagonal Back, Step Back, Coaster Cross.

1 Turn 1/2 left stepping forward on L.
2 & 3 Triple full turn left travelling forward on R, L, R. 6:00

- 4 Step forward on L.
5 & 6 Cross step R over L. Step L back on a left diagonal. Step back on R.
7 & 8 Step back on L. Step R next to L. Cross step L over R.

Step Right swaying Right, Left, Chasse Right, Sway Left, Right, Chasse Left With 1/2 Turn Cross.

- 1 2 Step R to right side swaying hips right. Sway left.
3 & 4 Step R to right side. Step L next to R. Step R to right side.
5 6 Step L to left side swaying hips left. Sway right.
7 & 8 Step L to left side. Turn 1/4 left stepping R next to L. Turn 1/4 left cross stepping L over R.
12:00

Step Right swaying Right, Left, Chasse Right, Sway Left, Right, Chasse Left With 1/2 Turn Cross.

- 1 2 Step R to right side swaying hips right. Sway left.
3 & 4 Step R to right side. Step L next to R. Step R to right side.
5 6 Step L to left side swaying hips left. Sway right.
7 & 8 Step L to left side. Turn 1/4 left stepping R next to L. Turn 1/4 left cross stepping L over R.
6:00

Ending: Change the last chasse for, Triple Full Turn Left on the spot and Step Forward on Right. Taa Daa!
