

Tell Me Why It Hurts

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Cato Larsen (NOR)
音樂: It Hardly Hurts At All - Maria Arredondo



ROCK & ½ TURN, COASTER STEP, SIDE ROCK & CROSS, ¼ TURN, SWEEP

1&2 Step back on right, rock forward on left, pivot ½ turn left stepping back on right
3&4 Step back on left, step right next to left, step forward on left
5&6 Step right to right side, rock back onto left, step right across of left
7& Turn ¼ turn right stepping back on left, pivot ¼ turn right stepping forward on right
8 Step forward on left

MAMBO STEP, POINT, ¼ TURN, KICK, CROSS, BACK, SIDE, STEP, SWEEP ½ TURN

1&2 Step forward on right, rock back onto left, step back on right
3&4 Point left toe back, pivot ¼ turn left keeping weight on right, kick left diagonal forward left
5&6 Cross left over right, step back on right, step left to left side
7-8 Step forward on right, sweep left to the right and turn ½ turn right touching left next to right

SHUFFLE FORWARD, ¾ TURN PENCIL SPIN, CROSS ROCK SIDE, CROSS ROCK ¼ TURN

1&2 Step forward on left, step right next to left, step forward on left
3-4 Turn ¾ turn left on ball of left touching right toe next to left
5&6 Cross right over left, rock back onto left, step right long step to right side
7&8 Cross left over right, rock back onto right, step left ¼ turn left

STEP, PIVOT ½ TURN, STEP, FULL TURN, ¼ TURN & CROSS, SIDE ROCK & SLIDE, CROSS, BACK, SIDE

1&2 Step forward on right, pivot ½ turn left, step forward on right
3 Pivot ½ turn right stepping back on left
&4 Pivot ½ turn right stepping forward on right, step forward on left
5& Turn ¼ turn right stepping right across left, step left to left side
6 Push off from left foot stepping right long step right
7&8 Cross left over right, step back on right, step left to left side

REPEAT

TAG

With Maria Arredondo track, add the following after walls 1, 3 & 4. On wall 2, you do these steps twice
CROSS ROCK SIDE, CROSS ROCK SIDE

1&2 Cross right behind left, rock forward onto left, step right long step to right side
3&4 Cross left behind right, rock forward onto right, step left long step to left side