

# What Hurts The Most

**COPPER** KNOB  
STEPSHEETS

拍數: 32      牆數: 2      級數: Intermediate/Advanced  
編舞者: Helena Jeppsson (SWE)  
音樂: What Hurts the Most - Rascal Flatts



## **SIDE, CROSS ROCK, BASIC NIGHT CLUB LEFT, ¼ TURN RIGHT WITH SWEEP, BACK, ½ TURN LEFT, FORWARD, ¾ TURN RIGHT**

- 1            Step right to side
- 2&        Cross/rock left over right, recover onto right
- 3            Step left to side
- 4&        Step right back, cross left over right
- 5            Turn ¼ right and step right forward and sweep left back to front (3:00)
- 6&        Rock left forward, recover on right
- 7            Turn ½ left and step left forward (9:00)
- 8&        Step right forward, turn ½ right and step left back (3:00)

**Restart from here on wall 3**

## **SIDE, ROCKING CHAIR, CROSS, SWEEP, CROSS, SIDE, BEHIND, ¼ TURN LEFT, ROCK STEP**

- 1            Turn ¼ right and step right to side (facing 6:00)
- 2&        Rock left forward & across, recover onto right
- 3&        Rock left diagonally back, recover onto right
- 4&        Step left forward, sweep right back to front
- 5&        Step right forward, step left to side
- 6            Cross right behind left
- 7&        Turn ¼ left and step left forward, step right forward (3:00)
- 8&        Rock left forward, recover onto right

## **BACK, ½ TURN RIGHT, STEP, ¾ TURN, SIDE, CROSS ROCK, SIDE, HIPS SWAYS, ROCK STEP, SIDE**

- 1&        Step left back, turn ½ right and step right forward (9:00)
- 2&        Step right forward, turn ¾ right (weight to left, facing 6:00)
- 3            Step right to side
- 4&        Cross/rock left over right, recover onto right
- 5            Step left to side
- 6&        Sway hips right, left

**Restart on wall 6**

- 7&8       Rock right behind left, recover onto left, step right to side

## **ROCK STEP, SIDE, CROSS, 1 ½ TURN RIGHT WITH SWEEP, BACK, CROSS, ROCK STEP, ¼ TURN RIGHT, BACK**

- 1&2       Rock left behind right, recover onto right, step left to side
- 3-4       Cross/rock right behind left, recover to left
- 5&        Spiral turn a full turn right and then turn an additional ½ turn as you sweep right from front to back and cross/rock right behind left, recover onto left
- 6-7       Rock right to side, recover onto left
- 8&        Turn ¼ right and step right back, step left back, turn ¼ right (6:00)

**REPEAT**