

What Hurts The Most

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