

# It Hurts

拍數: 48      牆數: 2      級數: Improver  
編舞者: Gordon Elliott (AUS)  
音樂: It Hurts - Lena Philipsson



## SIDE, ROCK, TRIPLE STEP, SIDE, ROCK, TRIPLE STEP

1-2      Step right to the side, side rock onto left  
3&4      Triple step: right-left-right  
5-6      Step left to the side, side rock onto right  
7&8      Triple step: left-right-left

## FORWARD, ROCK, TRIPLE STEP, BACK, ROCK, TRIPLE STEP

1-2      Step right forward, rock back onto left  
3&4      Triple step: right-left-right  
5-6      Step left back, rock forward onto right  
7&8      Triple step: left-right-left

## PADDLE TURN, TRIPLE STEP, PIVOT TURN, TRIPLE STEP

1-2      Paddle: step right forward, turn  $\frac{1}{4}$  turn left take weight onto left  
3&4      Triple step: right-left-right  
5-6      Pivot: step left forward, turn  $\frac{1}{2}$  turn right take weight onto right  
7&8      Triple step: left-right-left

## PADDLE TURN, TRIPLE STEP, PIVOT TURN, TRIPLE STEP

1-2      Paddle: step right forward, turn  $\frac{1}{4}$  turn left take weight onto left  
3&4      Triple step: right-left-right  
5-6      Pivot: step left forward, turn  $\frac{1}{2}$  turn right take weight onto right  
7&8      Triple step: left-right-left

## FORWARD, SLIDE, TRIPLE STEP, FORWARD, SLIDE, TRIPLE STEP

1-2      Step right forward at 45 degrees right, slide to step left together  
3&4      Triple step: right-left-right  
5-6      Step left forward at 45 degrees left, slide to step right together  
7&8      Triple step: left-right-left

## BACK, TOUCH, BACK, TOUCH, BACK, TOUCH, BACK, TOUCH

1-2      Step right back at 45 degrees right, touch left together & clap  
3-4      Step left back at 45 degrees left, touch right together & clap  
5-6      Step right back at 45 degrees right, touch left together & clap  
7-8      Step left back at 45 degrees left, touch right together & clap

## REPEAT

## RESTART

On wall 3 dance to beat 16, then restart the dance facing the front