

Hurt

拍數: 32 牆數: 2 級數: Intermediate/Advanced
編舞者: Zac Detweiller (USA)
音樂: Hurt - Christina Aguilera



PRESS RECOVER, ½ RIGHT, SPIRAL, ROCK RECOVER ½ LEFT

1&2& Press left forward, recover right, step back on left, turn ½ turn right and step forward on right
Hands:
1 Reach right hand above head and look up
& Pull hand back to center while bringing head back down
3-4 Cross left in front of right, spiral turn a full turn right and step right forward (6:00)
5-6-7 Rock forward on left, recover to right, turn ½ turn left and step left forward

1 ¼ TURN SWEEP, WEAWE, LUNGE RECOVER ½ LEFT

8&1 Turn ½ turn left and step back on right, turn ½ turn left and step forward on left, turn ¼ turn left and sweep right foot back to front
2&3&4 Step right foot across left, step left to side, step right behind left, turn ¼ left and step left forward, step forward on right
5-6-7 Lunge left foot forward, recover to right, turn ½ turn left and step left forward (12:00)
Extend right arm forward and left arm back on lunge, return hands to center on recover

STEP TAP, ¼ TURN LEFT BASIC, RIGHT BASIC, ROCK RECOVER ½ LEFT, PREP ½ TURN RIGHT

8&1 Step right forward, touch left beside right, large step left to left
2&3 Step right beside left, cross left in front of right, large step right to right
4& Step left beside right, step right slightly forward in front of left
5-6-7 Rock left forward, recover to right, turn ¼ turn to left and step left forward

Facing 12:00 wall angled to left diagonal

½ TURN RIGHT, CROSS ROCK RECOVER SIDE, ½ TURN RIGHT, STEP PREP UNWIND 1 ½

8&1 Step right forward, turn ¼ turn to right and step back on left, turn ¼ turn right and step right to right side
2&3 Rock left over right (angling body to right diagonal), recover to right, step left to side
&4& Cross right over left, turn ¼ right and step back on left, turn ¼ turn right and step right to right side (12:00)
5-6 Step left forward, hold

During the hold, prep for a right turn by slightly angling body to left diagonal and slightly bending knees

7-8& Unwind 1 ½ to the right, step right in place (6:00)

Or pirouette (en dehors - away from body). This is done by picking up right foot while lifting up the body and straitening your left leg

REPEAT

RESTART

On walls 3 and 6 you will restart the dance. This happens during the 3 set of 8 counts. You will rock forward on count 21, recover weight right on 22, turn ¼ turn to the front wall stepping left to left on 23, and step forward on right. Start the dance again facing 12:00

TAG

After wall (facing the back wall of the dance)

ROCK RECOVER ½ LEFT, STEP FORWARD, STEP DRAG, STEP DRAG

1-2-3-4 Rock left forward, recover to right, turn ½ turn left and step left forward, step right forward
5-6-7-8 Step left forward, drag right foot beside left, step right forward, drag left beside right

Start the dance again

