

Hurt So Good

拍數: 32 牆數: 4 級數: Beginner
編舞者: William Sevone (UK)
音樂: Hurt So Good - Susan Cadogan



2X DIAGONAL REGGAE HIP PUSHES, CROSS STEP UNWIND ½ RIGHT, 2X SWAYS

1&2 Push hips: diagonally left, back to center, diagonally left
3&4 Push hips: diagonally right, back to center, diagonally right
5-6 Cross step left foot over right, unwind ½ right (weight on left foot)
7-8 Sway to right, sway to left

DIAGONAL CHASSE RIGHT, 2X SWAYS, DIAGONAL CHASSE LEFT, SIDE STEP ½ LEFT SIDE STEP

9&10 (Moving diagonally right) step forward onto right foot, step left foot next to right, step forward onto right foot
11-12 Sway to left, sway to right
13&14 (Moving diagonally left) step forward onto left foot, step right foot next to left, step forward onto left foot
15-16 Step right foot to right side, turn ½ left & step left foot to left side

¼ LEFT REGGAE HIP PUSH, ½ RIGHT REGGAE HIP PUSH, ¼ LEFT STEP FORWARD, PIVOT ½ LEFT, SHUFFLE FORWARD

17&18 Turn ¼ left & stepping right foot to right side-push hips to right, back to center, push hips to right
19&20 Turn ½ right & stepping left foot to left side-push hips to left, back to center, push hips to left
21-22 Turn ¼ left & step forward onto right foot, pivot ½ left (weight on left foot)
23&24 Step forward onto right foot, close left foot next to right, step forward onto right foot

STEP FORWARD, ½ RIGHT SIDE ROCK, 'HOW LOW'-LEFT, 'HOW LOW'-RIGHT, ¼ RIGHT CHASSE LEFT, ½ LEFT CHASSE RIGHT

25-26 Step forward onto left foot, turn ½ right & rock right foot to right side
27 (Bending & straightening knees with rolling shoulders) transfer weight onto left foot,
28 (Bending & straightening knees with rolling shoulders) transfer weight onto right foot,
29&30 Turn ¼ right & step left foot to left side, step right foot next to left, step left foot to left side
31&32 Turn ½ left & step right foot to right side, step left foot next to right, step right foot to right side

REPEAT

DANCE FINISH

The dance will finish during the music fade on count 24 of the 13th wall (6:00). To finish dance facing the 'home' (12:00) wall replace counts 23& 24 with:

23-24 Step forward onto right foot, pivot ½ left
25 Step right foot next to left with right hand on hat brim and left hand on left hip