

# And It Hurts

COPPER KNOB  
STEPSHEETS

拍數: 64      牆數: 2      級數: Intermediate  
編舞者: John Sharman (UK)  
音樂: And It Hurts - Heather Myles



## TOUCH, KICK, SHUFFLE BACK, TOUCH, KICK, SHUFFLE BACK

1-2      Touch right toe across left, kick right foot forward  
3&4      Shuffle back on right, left, right  
5-6      Touch right toe across left, kick right foot forward  
7&8      Shuffle back on right, left, right

## SHUFFLE FORWARD TWICE, STEP HALF TURN, STEP ¼ TURN

9&10      Shuffle forward on right, left, right  
11&12      Shuffle forward on left, right, left  
13-14      Step forward right, pivot a half turn left  
15-16      Step forward right, pivot a quarter turn left

## REPEAT FIRST 16 COUNTS

17-32      Repeat first 16 counts

## SIDE, HOLD, SAILOR HEEL, AND CROSS, HOLD, AND HEEL, HOLD

33-34      Rock right to right side, hold for one beat  
35&36      Step left behind right, step on right beside left, touch left heel diagonally left  
&37-38      Step on left beside right, step on right over left, hold for one beat  
&39-40      Step on left slightly to left side, touch right heel diagonally forward right, hold for one beat

## AND, CROSS SHUFFLE, ¼ LEFT, HALF LEFT, STEP PIVOT TURN, SHUFFLE FORWARD

&41&42      Step on right beside left, cross left over right, step right to right side, cross left over right  
43-44      ¼ turn left stepping back on right, half turn left stepping forward on left  
45-46      Step forward on right, pivot a half turn left  
47&48      Right shuffle forward, (alt triple full turn)

## STEP, HOLD, TURN, HOLD, LEFT & RIGHT SAILOR STEPS

49-50      Step forward left, hold for one beat  
51-52      Pivot quarter turn right, hold for one beat  
53&54      Step left behind right, step right beside left, step left slightly forward  
55&56      Step right behind left, step left beside right, step right slightly forward

## BEHIND, UNWIND, STEP, TURN, ROCK, RECOVER COASTER STEP

57-58      Touch left toes back, unwind a half turn  
59-60      Step forward right, pivot a half turn left hitching left knee  
61-62      Rock forward left, recover on right  
63&64      Step back left, step right beside left, step forward left

## REPEAT