

# It Hurts

拍數: 48      牆數: 4      級數: Improver  
編舞者: Kathy Chang (USA) & Sue Hsu (USA) - February 2008  
音樂: It Hurts - Lena Philipsson : (Album: Eurovision Song Contest)



## Intro: 16 counts (From Heavy Beat)

### R toe touches front & side, R sailor step, L fwd, ½ pivot right, L shuffle fwd

1-2            Touch R toe forward, touch R toe side  
3&4            Cross step R behind L, step L side, step R fwd  
5-6            Step L forward, 1/2 pivot right  
7&8            L fwd shuffle (6 o'clock)

### R toe touches front & side, R sailor step, L fwd rock & recover, 1/4 chasse L

1-2            Touch R toe forward, touch R toe side  
3&4            Cross step R behind L, step L side, step R fwd  
5-6            Rock L forward, recover weight on R  
7&8            Turning 1/4 left step L side, step R together, step L side (3 o'clock)

### Cross, point, cross, point, touch, 1/2 unwind, L shuffle fwd

1-2            Cross R over L, point L to L side  
3-4            Cross L over R, point R to R side  
5-6            Touch R toe behind L, ½ R unwind (weight ending up on R)  
7&8            L shuffle fwd (9 o'clock)

### R kick-ball-touch, L kick-ball-touch, touch ½ unwind, L shuffle fwd

1&2            Kick R fwd, step R beside L, touch L to L side  
3&4            Kick L fwd, step L beside R, touch R to R side  
5-6            Touch R toe behind L, ½ R unwind (weight ending up on R)  
7&8            L shuffle fwd (3 o'clock)

### Brush R fwd, step, hip bumps, sailor x 2

1-2            Brush R forward, Step R to the right  
3&4            Hip bumps L, R, L  
5&6            Cross step R behind L, step L side, step R to right side  
7&8            Cross step L behind L, step R side, step L to left side

### Step-1/2 turn, shuffle fwd, step -1/2 turn, shuffle fwd

1-2            Step forward on R, pivot 1/2 turn L  
3&4            Shuffle forward on R, L, R  
5-6            Step forward on L, Pivot 1/2 turn R  
7&8            Shuffle forward on L, R, L (3 o'clock)

**RESTART: On wall 3 dance first 16 count then restart the dance (9 o'clock)**