

# Hurt

拍數: 48      牆數: 4      級數: Improver  
編舞者: Christa Klaassenbos (NL) - June 2008  
音樂: I Don't Wanna Hurt No More - Anouk : (CD: Who's Your Momma)



## STEP, MAMBO, LOCK STEP, FULL TURN LEFT

1            Left step forward  
2&3        Right mambo forward  
4&5        Left lockstep back  
6-7        Right rock back, recover on left  
8-1        Right step forward, left step forward, (full turn left)

## LOCK STEP, ¼ TURN, CROSS SHUFFLE, PUSH

2&3        Right lock step forward  
4-5        Left step forward, ¼ turn right  
6&7        Left cross shuffle  
8-1        Right push diagonally right forward, recover on left

## SAILOR STEP, ¾ TURN RIGHT, SHUFFLE ¼ LEFT, SWAY 2X

2&3        Right sailor step  
4-5        Left cross over right, ¾ turn right  
6&7        Left shuffle ¼ left  
8-1        Right sway right, left sway left

**TAG: on wall 5, sway right-left-right touch left beside right (12:00)**

## PADDLE TURN 2X, SHUFFLE FORWARD RIGHT, LEFT

2-3        Right step forward, ¼ turn left  
4-5        Right step forward, ¼ turn left  
6&7        Right shuffle forward  
8&1        Left shuffle forward

## VINE, SHUFFLE ¼, PIVOT ½ RIGHT, SHUFFLE ½ RIGHT

2-3        Right step right, left step behind right  
4&5        Right shuffle ¼ right  
6-7        Left step forward, ½ turn right

**TAG: on walls 2 and 4 (6:00)(12:00)**

8&1        Left shuffle ½ right

## SWEEP BACK RIGHT, LEFT, COASTER STEP, PIVOT ½ RIGHT

2-3        Right sweep step back, left sweep step back  
4&5        Right coaster step back  
6-7        Left step forward, ½ turn right  
8            Hold

## REPEAT

**TAG: On walls 2 & 4, dance to count 38**

1-2        Left touch beside right, hold

**TAG: On wall 5, dance to count 24**

1-4        Sway right, left, right, touch left beside right

