

# Hurt

拍數: 48      牆數: 0      級數: Intermediate  
編舞者: Martijn Schoon (NL) - June 2008  
音樂: I Don't Wanna Hurt No More - Anouk : (CD: Who's Your Momma)



Intro: 16 count

## POINT L, CROSS, UNWIND, SIDE, CROSS SHUFFLE, SIDE, ½ TURN L

1-2            LF touch to L-side, LF cross over RF  
3-4            unwind full turn R, RF step to R-side  
5&6           L-cross shuffle  
7-8            RF step to R-side, turn ½ L, LF step to L-side

## ½ PIVOT TURN X2, CROSS SHUFFLE, SIDE, ½ TURN R

1-2            RF step forw, turn ¼ L  
3-4            RF step forw, turn ¼ L  
5&6           R-cross shuffle  
7-8            LF step to L-side, ½ turn R, RF step to R-side

**TAG: in wall 5**

## ¼ TURN L, CROSS BACK ROCK, CHASSE R, CROSS BACK ROCK, ¼ TURN L

1              turn ¼ L, LF step to L-side  
2-3            RF rock behind LF, recover L  
4&5            chasse R  
6-7            LF rock behind RF, recover R  
8              turn ¼ L LF step forw

## ½ TURN L, ¼ TURN L, CROSS, POINT R&L, TOUCH BEHIND, ½ TURN R

1-2            ½ turn L RF step to R-side, ¼ turn L, LF step to L-side  
3-4            RF cross over LF, LF point to L-side  
5-6            LF cross over RF, RF point to R-side  
7-8            RF touch behind LF, turn ½ R

## sway L.R, BEHIND, SIDE, CROSS, SWAY R,L, BEHIND, SIDE, FORW

1-2            LF small step L sway L.R  
3&4            LF behind RF, RF step to R-side, LF cross over RF  
5-6            RF small step R sway R.L  
7&8            RF behind LF, LV step to L-side, RF step forw

**RESTART here in second wall**

## ½ TURN L, ¼ TURN L, BACK ROCK WITH ¼ TURN L, WALK X2, POINT R, STEP

1-2            ½ turn L LF step forw, ¼ turn L RF step to R-side  
3&4            LF rock behind RF, recover ¼ turn L, LF step forw.  
5-6            walk forw R.L.  
7-8            RF touch to R-side, RF step forw

**TAG: on the 5th wall after section 2**

1-2            LF step forw, turn ½ R  
3-4            LF step forw, turn ½ R  
5-6            sway L.R

**RESTART: in the second wall after section 5**

**FINISH: LF touch to L-side, LF cross over RF unwind very slow to the front wall  $\frac{3}{4}$  turn R**

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