

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
