

What Hurts The Most

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Craig Bennett (UK) & Shaz Walton (UK) - November 2008
音樂: What Hurts the Most - Rascal Flatts



Count in: start on vocals (x2 restarts)

*Start the dance with weight on right foot & left crossed over right.

Alternative track: "Run" By Leona Lewis. Count In: start on lyrics, Bpm 96

Unwind Full Turn/Sweep. Behind. Side. Forward. Run. Run. Rock. Recover. ¼. Full Turn. Cross

1 Unwind a full turn right, start to sweep right out.
2&3 Sweep/cross right behind left. Step left to left side. Step forward right.
4&5 Run forward on left. Run forward right. Rock forward on left.
6-7 Recover on right. Make ¼ left stepping left to left side.
(1st RESTART & 'Sway' TAG**)**
&8 Making a full turn left in total cross stepping left over right first: step left- right.
& Cross step right over left [3 o'clock]

¼ Developpe. Step. ½ Turn. Side. Rock. Recover. Forward. Step. ½. ½

1-2 Unfold left leg as you extend into a low kick, making a ¼ turn left. Step left forward.
3& Step forward right. Make ½ turn left.
4 Step right to right side.
5&6 Rock back on left. Recover on right. Step forward left.
7&8 Step forward right. Make ½ turn left stepping forward left. Make ½ turn left stepping back right. [12 o'clock].

Back. Cross. Back. Back. Cross. Back. Rock. Recover. ½. Back. Cross. Side. Back. Cross.

1&2 Step left back to diagonal. Cross step right over left. Step left back to left diagonal.
&3& Step right back to right diagonal. Cross step left over right. Step right back to right diagonal.

this sequence will travel slightly backwards

4& Rock back on left. Recover on right.
5-6& Make ½ turn right stepping back on left dragging right. Step right to right diagonal. Cross left over right.

(2nd RESTART: Dance as far as count 6 – replace count 6 with a step to right with right foot- begin dance again)

7-8& Step right back to diagonal dragging left. Step left to left side. Cross right over left. [6 o'clock].

this sequence will travel slightly backwards

Prep. 1 ¼ Turn Right. Rock. Recover. Back. ½. Step ½ Pivot. Sway. Replace.

1 Lean over left knee, slightly turning upper body to left.
2&3 Step right ¼ turn right. ½ turn right stepping back left. ½ turn right stepping forward right.
4&5 Rock forward on left. Recover back on right. Step back on left.
6&7 Step right forward ½ turn right. Step forward left. Pivot ½ turn right (weight on right)
8& step left to left as you sway left, replace weight on right as you sway right & begin to bring left in front of right to begin the dance again. [3 o'clock].

Restarts for Rascal Flatts Track only:

.1st Restart – wall 3 - 6 o'clock. Dance up to count 7 on the first section & dance counts 7-8 as 2 sways left-right & begin again. (Be sure to keep the weight on right on count 8) you will be facing 3 o'clock

.2nd Restart – wall 6– 9 o'clock wall -Dance as far as count 6 – replace count 6 with a step to right with right

foot- Begin dance again on 3 o'clock wall.
