

Hurts Instead

拍數: 32 牆數: 2 級數: Advanced
編舞者: Dan McInerney (UK) - February 2011
音樂: Someone Like You - Adele : (Album: 21)



Starts: After 16 counts/14 seconds just before she sings "heard"

SIDE, COASTER STEP, STEP FULL TURN HALF SWEEP, BEHIND TURN TURN ROCK

- 1, 2& Step R to R side as you open body to L diagonal (11:00), make 1/4 L stepping L back, step R together (09:00)
- 3, 4& Step L forward, step R forward, making 1/2 turn R step L back (03:00)
- 5&6 Making 1/2 turn R step R forward, making 1/2 R step L back, sweep R around and behind L (03:00)
- 7&8& Step weight down onto R, making 1/4 turn L step L forward, making 1/4 turn L step R to R side, making 1/2 turn L rock L to L side (03:00)

(TAG: dance Tag 2 here on wall 4 (facing 09:00) then restart the dance)

RECOVER CROSS SIDE, BEHIND QUARTER STEP LOCK, WALK, WALK, WALK, POINT

- 1&2 Recover weight onto R, cross L over R, step big step R
- 3&4& Cross L behind R, making 1/4 turn R step R forward, step L forward, lock R behind L (06:00)
- 5, 6 Step L forward, step R forward
- 7, 8 Step L forward taking all weight, R should be behind so point R slightly back (toe close to the floor)

(STYLING: on count 2, open your body to L diagonal (02:00) as you look to L side)

TURN STEP TURN PRESS, RECOVER TURN, STEP TURN TURN, POINT, FULL TURN, ROCK RECOVER

- &1&2 Making 1/2 turn R step onto R, step L forward, pivot 1/2 turn R with weight ending on R, press L forward (06:00)
- 3, 4 Recover weight onto R as you make 1/2 turn L, step L forward
- (RESTART: restart here on wall 6 (facing 03:00) and on wall 8 (facing 09:00))**
- &5, 6 Making 1/2 turn L step R back, making 1/2 turn L step L forward, point R to R side (12:00)
- 7&8& Make a full turn R on ball of L foot, transfer weight onto R, rock L to L side, recover onto R (12:00)

CROSS QUARTER QUARTER ROCK CROSS, SIDE, CROSS ROCK SIDE, CROSS ROCK SIDE CROSS

- 1&2& Cross L over R, making 1/4 turn L step R back, making 1/4 L rock L to L side, recover onto R (06:00)
- 3, 4 Cross L over R, step R to R side
- 5&6 Rock L across over R, recover weight onto R, step L to L side
- 7&8& Rock R across over L, recover weight onto L, step R to R side, cross L over R

(TAG: dance Tag 1 here at the end of wall 2)

REPEAT

TAG 1:

A weave danced at the end of wall 2, facing the front (12:00). After the tag, continue to dance from the beginning.

- 1&2& Step R to R side, cross L behind R, step R to R side, cross L over R

TAG 2:

A slightly different weave danced after 8& counts of wall 4, you dance the tag facing the L side wall (09:00).

- 1&2& Recover weight onto R, cross L over R, step R to R side, cross L behind R

After Tag 2, restart the dance from the beginning. This means you'll now be dancing on the side walls.

RESTARTS

Both restarts happen in the same place and they'll be on side walls. The restart is after count 4 of the 3rd section

(i.e. after count 20). As per normal, you step L forward then restart by stepping R to R side.

1st restart, wall 6 – you'll restart facing the R side wall (03:00).

2nd restart, wall 8 – the tempo will slow so slow your steps also - you'll restart facing the L side wall (09:00).

(v1, 210211)

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