

# It Hurts

48 count, 4 wall, improver level

Choreographer: Kathy Chang & Sue Hsu (USA), February 2008

Choreographed to: "It Hurts" by Lena Philipsson, CD "Eurovision song contest"

16 count intro from heavy beat

## Section 1 Toe Touches, Sailor Step, Step, Pivot 1/2, Forward Shuffle

- 1-2 Touch right toe forward, touch right toe to right side
- 3&4 Cross step right behind left, step left to left side, step right to place
- 5-6 Step left forward, pivot 1/2 turn right
- 7&8 Step left forward, close right beside left, step left forward (6:00)

## Section 2 Toe Touches, Sailor Step, Forward Rock, 1/4 Turn Chasse

- 1-2 Touch right toe forward, touch right toe to right side
- 3&4 Cross step right behind left, step left to left side, step right to place
- 5-6 Rock forward on left, recover back onto right
- 7&8 Making 1/4 turn left step left to left side, close right beside left, step left to side

**Restart :** Wall 3 (facing 9:00): Restart dance from the beginning at this point.

## Section 3 Cross, Point (x 2) Touch, 1/2 Unwind, Forward Shuffle

- 1-2 Cross right over left, point left to left side (3:00)
- 3-4 Cross left over right, point right to right side
- 5-6 Touch right toe behind left, unwind 1/2 turn right (weight ending on right)
- 7&8 Step left forward, close right beside left, step left forward (9:00)

## Section 4 Kick Ball Touch x 2, Touch, 1/2 Unwind, Forward Shuffle

- 1&2 Kick right forward, step right beside left, touch left to left side
- 3&4 Kick left forward, step left beside right, touch right to right side
- 5-6 Touch right toe behind left, unwind 1/2 turn right (weight ending on right)
- 7&8 Step left forward, close right beside left, step left forward (3:00)

## Section 5 Brush, Step, Hip Bumps, Sailor Step x 2

- 1-2 Brush right forward, step right to right side
- 3&4 Bump hips left, bump hips right, bump hips left
- 5&6 Cross step right behind left, step left to left side, step right to place
- 7&8 Cross step left behind right, step right to right side, step left to place

## Section 6 Step, Pivot 1/2, Forward Shuffle (x 2)

- 1-2 Step right forward, pivot 1/2 turn left
- 3&4 Step right forward, close left beside right, step right forward
- 5-6 Step left forward, pivot 1/2 turn right
- 7&8 Step left forward, close right beside left, step left forward (3:00)

**Restart :** There is one Restart during Wall 3 at the end of section 2.

Quelle:

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