|  |  |
| --- | --- |
| It Hurts |  |

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|  |
| --- |
| . |
| **Count:** | 48 | **Wall:** | 2 | **Level:** | Improver | . |
| **Choreographer:** | Gordon Elliott (AUS) |
| **Music:** | It Hurts - Lena Philipsson |
| . |

**SIDE, ROCK, TRIPLE STEP, SIDE, ROCK, TRIPLE STEP**

|  |  |
| --- | --- |
| 1-2 | Step right to the side, side rock onto left |

|  |  |
| --- | --- |
| 3&4 | Triple step: right-left-right |

|  |  |
| --- | --- |
| 5-6 | Step left to the side, side rock onto right |

|  |  |
| --- | --- |
| 7&8 | Triple step: left-right-left |

**FORWARD, ROCK, TRIPLE STEP, BACK, ROCK, TRIPLE STEP**

|  |  |
| --- | --- |
| 1-2 | Step right forward, rock back onto left |

|  |  |
| --- | --- |
| 3&4 | Triple step: right-left-right |

|  |  |
| --- | --- |
| 5-6 | Step left back, rock forward onto right |

|  |  |
| --- | --- |
| 7&8 | Triple step: left-right-left |

**PADDLE TURN, TRIPLE STEP, PIVOT TURN, TRIPLE STEP**

|  |  |
| --- | --- |
| 1-2 | Paddle: step right forward, turn ¼ turn left take weight onto left |

|  |  |
| --- | --- |
| 3&4 | Triple step: right-left-right |

|  |  |
| --- | --- |
| 5-6 | Pivot: step left forward, turn ½ turn right take weight onto right |

|  |  |
| --- | --- |
| 7&8 | Triple step: left-right-left |

**PADDLE TURN, TRIPLE STEP, PIVOT TURN, TRIPLE STEP**

|  |  |
| --- | --- |
| 1-2 | Paddle: step right forward, turn ¼ turn left take weight onto left |

|  |  |
| --- | --- |
| 3&4 | Triple step: right-left-right |

|  |  |
| --- | --- |
| 5-6 | Pivot: step left forward, turn ½ turn right take weight onto right |

|  |  |
| --- | --- |
| 7&8 | Triple step: left-right-left |

**FORWARD, SLIDE, TRIPLE STEP, FORWARD, SLIDE, TRIPLE STEP**

|  |  |
| --- | --- |
| 1-2 | Step right forward at 45 degrees right, slide to step left together |

|  |  |
| --- | --- |
| 3&4 | Triple step: right-left-right |

|  |  |
| --- | --- |
| 5-6 | Step left forward at 45 degrees left, slide to step right together |

|  |  |
| --- | --- |
| 7&8 | Triple step: left-right-left |

**BACK, TOUCH, BACK, TOUCH, BACK, TOUCH, BACK, TOUCH**

|  |  |
| --- | --- |
| 1-2 | Step right back at 45 degrees right, touch left together & clap |

|  |  |
| --- | --- |
| 3-4 | Step left back at 45 degrees left, touch right together & clap |

|  |  |
| --- | --- |
| 5-6 | Step right back at 45 degrees right, touch left together & clap |

|  |  |
| --- | --- |
| 7-8 | Step left back at 45 degrees left, touch right together & clap |

**REPEAT**

**RESTART**

**On wall 3 dance to beat 16, then restart the dance facing the front**