It Hurts So Good

Count: 32 **Wall:** 4 **Level:** Beginner
Choreographer: Pat Newell (USA) - May 2016
Music: My Next Broken Heart - Brooks & Dunn : (32 in)

Senior Dancing Series

Lesson In the Pain of Love - Delbert Mc Clinton - 124 bpm : 16 in

Learning: Walks forward and back, syncopation, extended vines, ¼ turns, rocking chair, kick ball change

WALK FORWARD THREE STEPS, TOUCH LEFT, WALK BACK, LEFT, RIGHT, COASTER STEP

1-4	Walk forward R, L, R, touch L
5-6 7&8	Step back, L, R, step back on L, step R tog with L, step forward on L

8 COUNT EXTENDED VINE TO RIGHT

1-4	Step R to R, L behind R, R to side, L across R,
5-8	Step R to side, L behind R, R to side, touch L beside R

8 COUNT EXTENDED VINE TO LEFT, TURN ¼ LEFT ON COUNT 7 SCUFF RIGHT - 9:00

1-4	Step L to L, R behind L, L to side, R across L
5-8	Step L to side, R behind L, step L ¼ L, scuff R - 9:00

4 COUNT ROCKING CHAIR, 2 RIGHT KICK BALL CHANGES

1-4	Rock forward on R, recover on L, rock back on R, recover on L
5&6 7&8	kick R fwd, step on R, step on L, kick R fwd, step on R, step on L

Begin Again

DANCE FOR THE HEALTH OF IT

Choreographed by Pat Newell - 5-7-2016