

Hurts

Count: 64

Wall: 2

Level: High Intermediate

Choreographer: Maggie Gallagher (UK) - October 2016

Music: Hurts by Emeli Sande. Album: Long Live the Angels (Deluxe) iTunes



Intro: 32 counts (18 secs)

S1: FWD TOUCH BACK & BACK, BACK, ½ L, STEP, ½ PIVOT

- 1&2 On slight right diagonal step forward on right, Touch left next to right, Step back on left [1:30]
&3-4 Step back on ball of right, Step back on left, Walk back on right
5-6-7 ½ left stepping forward on left, Step forward on right, ½ pivot left

S2: SIDE TOGETHER FWD, SIDE, BEHIND SIDE CROSS, PRESS, HITCH, BEHIND SIDE CROSS

- 8&1 ¼ left stepping right to right side, Step left next to right, Step forward right [12:00]
2 Long step to left side dragging right to meet left
3&4 Cross right behind left, Step left to left side, Cross right over left
5-6 Press forward on left to slight diagonal, Recover on right hitching left
7&8 Cross left behind right, Step right to right side, Cross left over right

S3: SIDE TOUCH BUMP, BUMP, ¼ L, STEP, ½ PIVOT, STEP

- 1&2 Step right to right side, Touch left next to right, Step left to left side bumping hips left
3-4 Bump hips right turning body to right, ¼ left stepping forward on left [9:00]
5-6-7 Step forward on right, ½ pivot left, Step forward on right [3:00]

S4: TRIPLE FULL TURN, KICK BALL CHANGE, ¼ BUMP RLR, ¼, ¼, TOUCH

- 8&1 Full triple turn right stepping LRL
2&3 Kick forward on right, Step right next to left, Step left next to right
4&5 ¼ left stepping right to right side bumping hips to right, Bump hips left, Bump hips right [12:00]
6-7- 8 ¼ left stepping forward on left, ¼ left stepping right to right side, Touch left next to right [6:00]
* Restart Wall 3

S5: & HEEL & CROSS SIDE HEEL & CROSS, BACK, ¼ R,,STEP LOCK STEP

- &1&2 Step back on left, Tap right heel forward on right diagonal, Step right next to left, Cross left over right
&3&4 Step right to right side, Tap left heel forward on left diagonal, Step left next to right, Cross right over left
5-6 Step back on left pushing bottom back, ¼ right stepping right to right side [9:00]
7&8 Step forward on left, Lock right behind left, Step forward on left

S6: BUMP FWD RLR, SWIVEL, SWIVEL, BUMP FWD LRL, SWIVEL, SWIVEL

- 1&2 Step forward on right bumping hips forward, Bump hips back, Bump hips forward
3-4 Swivel body ½ left, Swivel body ½ right
5&6 Step forward on left bumping hips forward, Bump hips back, Bump hips forward
7-8 Swivel body ½ right, Swivel body back ½ left

S7: ¼ L, ROCK BACK SIDE, ROCK BACK WALK, WALK, ANCHOR STEP

- 1-2& ¼ left stepping right to right side, Rock back on left, Recover on right [6:00]
3-4& Step left to left side, Rock back on right, Recover on left
5-6 Walk forward on right, Walk forward on left
7&8 Cross right behind left, Step weight on left, Step back on right

S8: ½, ½, COASTER & WALK, WALK, STEP LOCK STEP

1-2 ½ left stepping forward on left, ½ left stepping back on right [6:00]
3&4 Step back on left, Step right next to left, Step forward on left
&5-6 Step right next to left, Walk forward on left, Walk forward on right
7&8 Step forward on left, Lock right behind left, Step forward on left

***RESTART: Wall 3 after 32 counts [6:00]**

Dance to end of S4 then step down on left foot (count &) and restart the dance

ENDING: Dance up to S4 count 1-5 and replace 6-7-8 with a rolling vine to the left to finish at 12:00
