

Hurt

Count: 32

Wall: 4

Level: Beginner

Choreographer: Louise Elfvengren (NOR) - January 2017

Music: Hurt - Bouke



Intro: Start when he begin singing hurt (4 seconds)

(I HAVE A BROKEN FOOT SO I CAN'T MAKE A DEMO)

SECTION 1: CROSS ROCK, COASTER STEP, PIVOT ½ LEFT, SHUFFLE FW

- 1-2 Cross left over right, recover back on right
- 3&4 Step back on left, step right beside left, step forward on left
- 5-6 Step forward on right, turn ½ left stepping down on left (6)
- 7&8 Step forward on right, step left beside right, step forward on right

SECTION 2: ROCK FW, COASTER STEP, ROCKING CHAIR

- 1-2 Rock forward on left, recover back on right
- 3&4 Step back on left, step right beside left, step forward on left
- 5-8 Rock forward on right, recover back on left, rock back on right, recover back on left

SECTION 3: STEP FW TURN ¼ LEFT, CHASSE RIGHT, CROSS ROCK, CHASSE LEFT

- 1-2 Step right forward, turn ¼ left stepping down on left (3)
- 3&4 Step right to right, step left beside right, step right to right
- 5-6 Cross left over right, recover back on right
- 7&8 Step left to left, step right beside left, step left to left

SECTION 4: PIVOT ½ LEFT, SHUFFLE FW, ROCKING CHAIR □

- 1-2 Step right forward, turn ½ left stepping down on left (9)
 - 3&4 Step right forward, step left next to right, step right forward
 - 5-8 Rock forward on left, recover back on right, rock back on left, recover back on right
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