

# Tell Me Why It Hurts

Count: 32

Wall: 4

Level: Intermediate

Choreographer: Cato Larsen (NOR)

Music: It Hardly Hurts At All - Maria Arredondo



## ROCK & ½ TURN, COASTER STEP, SIDE ROCK & CROSS, ¼ TURN, SWEEP

- 1&2 Step back on right, rock forward on left, pivot ½ turn left stepping back on right  
3&4 Step back on left, step right next to left, step forward on left  
5&6 Step right to right side, rock back onto left, step right across of left  
7& Turn ¼ turn right stepping back on left, pivot ¼ turn right stepping forward on right  
8 Step forward on left

## MAMBO STEP, POINT, ¼ TURN, KICK, CROSS, BACK, SIDE, STEP, SWEEP ½ TURN

- 1&2 Step forward on right, rock back onto left, step back on right  
3&4 Point left toe back, pivot ¼ turn left keeping weight on right, kick left diagonal forward left  
5&6 Cross left over right, step back on right, step left to left side  
7-8 Step forward on right, sweep left to the right and turn ½ turn right touching left next to right

## SHUFFLE FORWARD, ¾ TURN PENCIL SPIN, CROSS ROCK SIDE, CROSS ROCK ¼ TURN

- 1&2 Step forward on left, step right next to left, step forward on left  
3-4 Turn ¾ turn left on ball of left touching right toe next to left  
5&6 Cross right over left, rock back onto left, step right long step to right side  
7&8 Cross left over right, rock back onto right, step left ¼ turn left

## STEP, PIVOT ½ TURN, STEP, FULL TURN, ¼ TURN & CROSS, SIDE ROCK & SLIDE, CROSS, BACK, SIDE

- 1&2 Step forward on right, pivot ½ turn left, step forward on right  
3 Pivot ½ turn right stepping back on left  
&4 Pivot ½ turn right stepping forward on right, step forward on left  
5& Turn ¼ turn right stepping right across left, step left to left side  
6 Push off from left foot stepping right long step right  
7&8 Cross left over right, step back on right, step left to left side

## REPEAT

## TAG

With Maria Arredondo track, add the following after walls 1, 3 & 4. On wall 2, you do these steps twice  
**CROSS ROCK SIDE, CROSS ROCK SIDE**

- 1&2 Cross right behind left, rock forward onto left, step right long step to right side  
3&4 Cross left behind right, rock forward onto right, step left long step to left side
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