Count: 144
Wall: 1
Level: Intermediate/Advanced
Choreographer: Kash Bane (UK)
Music: What Hurts the Most - Rascal Flatts

## ½ MONTEREY TURN, FULL TURN, STEP, HOLD

1-2 Point right toe to right side, make a $1 / 2$ turn over right shoulder by stepping right next to left
3-4 Point left toe to left side, return next to right
5-6 Make a $1 / 2$ turn left by stepping back on right foot, make a further $1 / 2$ turn stepping forward on left foot
7-8 Step forward on right foot, hold

## $1 ⁄ 4$ TURNING SAILOR FLICK, SWEEP, BACK ROCK, SLIDE

1-2 Step left foot behind right, step right foot to right side
3-4 Make a $1 / 4$ turn right by hopping onto left foot and kicking right foot forward, sweep right foot behind left
5-6 Rock right foot behind left foot, recover onto left
7-8 Take a large step right on right foot, slide left next to right

## BACK ROCK, 314 SWEEP TURN, WALK, WALK, POINT, HOLD

1-2 Rock left foot behind right, recover onto right foot
3-4 Make a $1 / 4$ turn right stepping left foot back, make a $1 / 2$ turn right sweeping right leg out
5-6 Step down onto right foot, step forward on left
7-8 Point right toe forward, bending right knee, hold
COASTER STEP, HOLD, $1 ⁄ 2$ TURN, BACK ROCK, SCUFF
1-2 Step right foot back, close left foot to right
3-4 Step right foot forward, hold
5-6 Make a $1 / 2$ turn right stepping back on left foot, rock right foot back
7-8 Recover onto left foot, scuff right foot forward

## 3X FULL TURNS, STEP, HOLD

1-2 Make a $1 / 2$ turn left stepping back on right, make a further $1 / 2$ turn left stepping forward on left
3-4 Repeat steps 1-2
5-6 Repeat steps 1-2
7-8 Step right foot to right side, hold
$1 / 4$ TURNING SAILOR STEP, HOLD, COASTER STEP, HOLD
1-2 Step left foot behind right, making a $1 / 4$ turn left step right to right side
3-4 Step left foot to left side, hold
5-6 Step right foot back, close left foot next to right
7-8 Step forward on right, hold

## STEP, BICYCLE KNEES, WEAVE, HOLD

1-2 Step left foot forward, hitch right knee
3-4 Switch knees by hitching left knee and stepping down on right, lower left knee
5-6 Step right foot behind left, step left foot to left side
7-8 Cross right foot over left, hold
ROCK AND CROSS, HOLD, STEP, ½ HINGE TURN, CROSS, ROCK
1-2 Rock left foot to left side, recover onto right foot
3-4 Cross left foot over right, hold

## RECOVER, CROSS, SWEEP, CROSS, ROCK, CROSS, UNWIND

1-2 Recover onto right foot, cross left foot over right
3-4 Sweep right foot out and in front of left foot, cross right over left
5-6 Rock to left side on left foot, recover onto right foot
7-8 Cross left over right, unwind making a full turn
$1 / 4$ TURN STEP, KICK, BACK ROCK, $1 / 4$ TURN POINT, HOLD, BACK ROCK
1-2 Make a $1 / 4$ turn right stepping back on left foot, kick right foot forward
3-4 Rock back onto right foot, recover onto left
5-6 Make a $1 / 4$ turn left pointing right toe to right side, hold
7-8 Rock back onto right foot, recover onto left foot
HEEL, $1 / 4$ TURN FLICK, CROSS, HOLD, SWEEP, CROSS, SWEEP, CROSS

5-6 Sweep left foot from behind right and cross over right
7-8 Sweep right foot out from behind left and cross over left

## COASTER STEP, HOLD, ROCK AND $1 ⁄ 2$ TURN, HOLD

1-2 Step left foot back, close right foot next to left
3-4 Step left foot forward, hold
5-6 Rock forward on right foot, recover onto left foot
7-8 Make a $1 / 2$ turn over right shoulder stepping forward on right, hold

## FULL TURN, STEP, HOLD, $1 / 4$ TURN HOP AND FLICK, CROSS, $1 / 4$ TURN STEP, HOLD

1-2 Make a $1 / 2$ turn right stepping back on left, make a further $1 / 2$ turn right stepping forward on right
3-4 Step forward on left, hold
5-6 Hopping on left foot (in place) make a $1 / 4$ turn left while swinging right foot out to right side, cross right over left
7-8 Make a $1 / 4$ turn left, stepping forward on left foot, hold
SCUFF, STEP, TAP, HOLD, STEP, TOGETHER, SLIDE
1-2 Scuff right foot at left, step back onto right foot
3-4 Tap right toe backwards, hold
5-6 Step left foot forward, step right foot next to left
7-8 Take a large step back on left foot, slide right next to left

## STEP, $3 / 4$ UNWIND, STEP, HOLD, CROSS SWING WITH $1 ⁄ 2$ HITCH

1-2 Step right behind left, unwind $3 / 4$ turn
3-4 Step left to left side, hold
5-6 $\quad$ Swing right leg out and across left leg
7-8 Sweep right leg out and round making a $1 / 2$ turn right and bringing up into hitch
SHUFFLE, HOLD, POINT, POINT, HOLD
1-2
Step forward on right foot, close left next to right
3-4 Step forward on right foot, hold
5-6 Point left toe to left side, bring back to center
7-8 Point right toe to right side, hold

## SHUFFLE, HOLD, ROCK, ½ TURN, STEP

1-2 Step forward on left foot, close right foot next to left Step forward on left foot, hold
5-6 Rock forward onto right foot, recover back onto left
7-8 Make a $1 / 2$ turn over right shoulder stepping forward on right foot, step forward on left
REPEAT
TAG
Add after you have danced through twice, repeat counts 1-24 (step, step, point, hold). Then add these four counts:
1-2 Place weight onto right foot, make a $1 / 4$ turn left stepping forward on left foot
3-4 Cross right foot over left, rock out to left side on left foot
Continue the dance from count 65 (recover, cross, sweep)

