

And It Hurts

Count: 64

Wall: 2

Level: Intermediate

Choreographer: John Sharman (UK)

Music: And It Hurts - Heather Myles



TOUCH, KICK, SHUFFLE BACK, TOUCH, KICK, SHUFFLE BACK

- 1-2 Touch right toe across left, kick right foot forward
- 3&4 Shuffle back on right, left, right
- 5-6 Touch right toe across left, kick right foot forward
- 7&8 Shuffle back on right, left, right

SHUFFLE FORWARD TWICE, STEP HALF TURN, STEP ¼ TURN

- 9&10 Shuffle forward on right, left, right
- 11&12 Shuffle forward on left, right, left
- 13-14 Step forward right, pivot a half turn left
- 15-16 Step forward right, pivot a quarter turn left

REPEAT FIRST 16 COUNTS

- 17-32 Repeat first 16 counts

SIDE, HOLD, SAILOR HEEL, AND CROSS, HOLD, AND HEEL, HOLD

- 33-34 Rock right to right side, hold for one beat
- 35&36 Step left behind right, step on right beside left, touch left heel diagonally left
- &37-38 Step on left beside right, step on right over left, hold for one beat
- &39-40 Step on left slightly to left side, touch right heel diagonally forward right, hold for one beat

AND, CROSS SHUFFLE, ¼ LEFT, HALF LEFT, STEP PIVOT TURN, SHUFFLE FORWARD

- &41&42 Step on right beside left, cross left over right, step right to right side, cross left over right
- 43-44 ¼ turn left stepping back on right, half turn left stepping forward on left
- 45-46 Step forward on right, pivot a half turn left
- 47&48 Right shuffle forward, (alt triple full turn)

STEP, HOLD, TURN, HOLD, LEFT & RIGHT SAILOR STEPS

- 49-50 Step forward left, hold for one beat
- 51-52 Pivot quarter turn right, hold for one beat
- 53&54 Step left behind right, step right beside left, step left slightly forward
- 55&56 Step right behind left, step left beside right, step right slightly forward

BEHIND, UNWIND, STEP, TURN, ROCK, RECOVER COASTER STEP

- 57-58 Touch left toes back, unwind a half turn
- 59-60 Step forward right, pivot a half turn left hitching left knee
- 61-62 Rock forward left, recover on right
- 63&64 Step back left, step right beside left, step forward left

REPEAT
