

# Hurt

**Count:** 48

**Wall:** 0

**Level:** Intermediate

**Choreographer:** Martijn Schoon (NL) - June 2008

**Music:** I Don't Wanna Hurt No More - Anouk : (CD: Who's Your Momma)



**Intro: 16 count**

**POINT L, CROSS, UNWIND, SIDE, CROSS SHUFFLE, SIDE, ½ TURN L**

- 1-2 LF touch to L-side, LF cross over RF
- 3-4 unwind full turn R, RF step to R-side
- 5&6 L-cross shuffle
- 7-8 RF step to R-side, turn ½ L, LF step to L-side

**½ PIVOT TURN X2, CROSS SHUFFLE, SIDE, ½ TURN R**

- 1-2 RF step forw, turn ¼ L
- 3-4 RF step forw, turn ¼ L
- 5&6 R-cross shuffle
- 7-8 LF step to L-side, ½ turn R, RF step to R-side

**TAG: in wall 5**

**¼ TURN L, CROSS BACK ROCK, CHASSE R, CROSS BACK ROCK, ¼ TURN L**

- 1 turn ¼ L, LF step to L-side
- 2-3 RF rock behind LF, recover L
- 4&5 chasse R
- 6-7 LF rock behind RF, recover R
- 8 turn ¼ L LF step forw

**½ TURN L, ¼ TURN L, CROSS, POINT R&L, TOUCH BEHIND, ½ TURN R**

- 1-2 ½ turn L RF step to R-side, ¼ turn L, LF step to L-side
- 3-4 RF cross over LF, LF point to L-side
- 5-6 LF cross over RF, RF point to R-side
- 7-8 RF touch behind LF, turn ½ R

**sway L.R, BEHIND, SIDE, CROSS, SWAY R,L, BEHIND, SIDE, FORW**

- 1-2 LF small step L sway L.R
- 3&4 LF behind RF, RF step to R-side, LF cross over RF
- 5-6 RF small step R sway R.L
- 7&8 RF behind LF, LV step to L-side, RF step forw

**RESTART here in second wall**

**½ TURN L, ¼ TURN L, BACK ROCK WITH ¼ TURN L, WALK X2, POINT R, STEP**

- 1-2 ½ turn L LF step forw, ¼ turn L RF step to R-side
- 3&4 LF rock behind RF, recover ¼ turn L, LF step forw.
- 5-6 walk forw R.L.
- 7-8 RF touch to R-side, RF step forw

**TAG: on the 5th wall after section 2**

- 1-2 LF step forw, turn ½ R
- 3-4 LF step forw, turn ½ R
- 5-6 sway L.R

**RESTART: in the second wall after section 5**

**FINISH: LF touch to L-side, LF cross over RF unwind very slow to the front wall  $\frac{3}{4}$  turn R**

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