# Hurts So Good

**Compte:** 32 **Mur:** 4 **Niveau:** Improver
**Chorégraphe:** Cody Flowers (USA) - May 2019
**Musique:** Hurts So Good - John Mellencamp

**Dance starts 27 seconds into song**

**[1-8] Charleston (x2)**

| | |
|---|---|
| 1 2 | Step RF forward, Touch Left Heel forward while clapping your hands twice (12:00) |
| 3 4 | Step LF beside RF, Touch Right Toe back while clapping your hands once (12:00) |

**Restart here on Wall 8 facing 6:00**

| | |
|---|---|
| 5 6 | Step RF forward, Touch Left Heel forward while clapping your hands twice (12:00) |
| 7 8 | Step LF beside RF, Touch Right Toe back while clapping your hands once (12:00) |

**[9-16] Step-Touch, ¼ Triple, ¼ Sway (x2)**

| | |
|---|---|
| 1 2 | Step RF to right side, Touch LF beside RF (9:00) |
| 3&4 | ¼ Turn left stepping LF forward, Step RF beside LF, Step LF forward (9:00) |
| 56 | ¼ Turn left rocking RF to right side swaying hands to right, Recover weight on LF swaying hands to left (6:00) |
| 7 8 | ¼ Turn left rocking RF to right side swaying hands to right, Recover weight on LF swaying hands to left (3:00) |

**Restart here on Wall 4 facing 9:00**

**[17-24] Side-Behind, ¼ Triple, Rock-Recover, ½ Triple**

| | |
|---|---|
| 1 2 | Step RF to right side, Step LF behind RF (3:00) |
| 3&4 | ¼ Turn right stepping forward on RF, Step LF beside RF, Step RF forward (6:00) |
| 5 6 | Rock forward on LF, Recover weight on RF (6:00) |
| 7&8 | ½ Turn left stepping forward on LF, Step RF beside LF, Step forward on LF (12:00) |

**[25-32] ¼ Toe Strut (x2), ¼ Rocking Chair**

| | |
|---|---|
| 1 2 | ¼ Turn left touching ball of RF to right side bumping hip right, Step down on RF (9:00) |
| 3 4 | ¼ Turn left touch ball of LF forward bumping forward, Step down on LF (6:00) |

**Restart here on Wall 3 facing 12:00 & Wall 12 facing 9:00**

| | |
|---|---|
| 5 6 | Rock forward on RF, ¼ Turn right recovering weight on LF (9:00) |
| 7 8 | Rock back on RF, Recover weight on LF |

**Begin the Dance Again!**

**dancewithcody@gmail.com | 561.755.2711**
**codytflowers.weebly.com**