

# It Hurts A Bunch

**Compte:** 32

**Mur:** 2

**Niveau:** Easy Intermediate

**Chorégraphe:** Helena Davies (UK) - June 2013

**Musique:** Liquid Lunch - Caro Emerald



(a.k.a. Liquid Lunch)

**Intro:** 32 counts after heavy drum beat

## **S1:**

- 1-2 Walk fwd L-R
- 3&4& Rock-step L fwd, Recover On R, Rock-step L to L side, Recover on R
- 5&6 L sailor 1/4 turn L (9)
- 7-8 Step R behind L, Touch L to L side

## **S2:**

- 1&2 Step L behind R, Step R back into 1/4 turn R, Step L fwd (12)
- 3-4 Step R to R side and sway R, Sway L
- 5-6 Step R out and fwd to R corner, Step L out and fwd to L corner
- 7-8 Step R in and back, Step L beside R

**optional:**

on counts 5-6 touch R&L hands to forehead

on counts 7-8 touch R&L hands to tummy

## **S3:**

- 1&2 Step R back, Lock-step L over R, Step R back
- &3-4 Jump back L-R, Clap
- 5-6 Cross-step L over R, Step R back into 1/4 turn L (9)
- &7&8 Step L back, Cross-step R over L, Step L to L side, Cross R over L

## **S4:**

- 1-2 Step L back into 1/4 turn R, Step R to R side into 1/4 turn R (3)
- 3&4 Cross-step L over R, Step R to R side, Cross-step L over R
- 5-6 Step R 1/8 turn R, Step L 1/8 turn R (6)
- 7&8 Rock/Stomp R to R side, Recover on L, Rock/Stomp R to R side

**optional:** Shake R shoulder & head to R when stomping

## **TAGS - 2:**

**After 3rd Rotation - facing back wall - do the following Charleston steps**

- 1-4 Step L fwd, Kick R fwd, Step R back, Touch L back
- 5-8 Step L fwd, Kick R fwd, Step R back, Touch L back - and restart dance

**After 6th Rotation - facing front wall:**

**Repeat 1-8 Charleston steps - and Restart dance again**

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