|  |  |
| --- | --- |
| It Hurts (愛太傷) (zh) |  |

.

|  |
| --- |
| . |
| **拍数:** | 48 | **墙数:** | 4 | **级数:** | Improver | . |
| **编舞者:** | Kathy Chang (USA) & Sue Hsu (USA) - 2008年02月 |
| **音乐:** | It Hurts - Lena Philipsson : (Album: Eurovision Song Contest) |
| . |

**前奏： Intro: 16 counts (From Heavy Beat)**

**第一段**

**R toe touches front & side, R sailor step, L fwd, ½ pivot right, L shuffle fwd  右足趾前點 & 側點, 右水手步, 左前, 右轉1/2, 左前交換步**

**1-2**

**Touch R toe forward, touch R toe side**

**右足趾前點, 右足趾右點**

**3&4**

**Cross step R behind L, step L side, step R fwd**

**右足於左足後交叉踏, 左足左踏, 右足前踏**

**5-6**

**Step L forward, 1/2 pivot right  左足前踏, 右軸轉180度**

**7&8**

**L fwd shuffle (6 o'clock)  左足前交換步(6點鐘)**

**第二段**

**R toe touches front & side, R sailor step, L fwd rock & recover, 1/4 chasse L  右足趾前點 & 側點, 右水手步, 左前下沉 & 回復, 左轉1/4追步**

**1-2**

**Touch R toe forward, touch R toe side**

**右足趾前點, 右足趾右點**

**3&4**

**Cross step R behind L, step L side, step R fwd**

**右足於左足後交叉踏, 左足左踏, 右足前踏**

**5-6**

**Rock L forward, recover weight on R**

**左足前下沉, 右足回復**

**7&8**

**Turning 1/4 left step L side, step R together, step L side (3 o'clock)  左轉90度左足左踏, 右足併踏, 左足左踏(3點鐘)**

**RESTART: On wall 3 dance first 16 count then restart the dance (9 o'clock)**

**第三面牆跳到這兒面向9點鐘時, 從頭起跳**

**第三段**

**Cross, point, cross, point, touch, 1/2 unwind, L shuffle fwd**

**交叉, 點, 交叉, 點, 點, 旋繞1/2, 左前交換步**

**1-2**

**Cross R over L, point L to L side**

**右足於左足前交叉踏, 左足左點**

**3-4**

**Cross L over R, point R to R side**

**左足於右足前交叉踏, 右足右點**

**5-6**

**Touch R toe behind L, ½ R unwind (weight ending up on R)**

**右足趾於左足後點, 右旋繞180度(重心結束在右足)**

**7&8**

**L shuffle fwd (9 o'clock)  左足前交換步(9點鐘)**

**第四段**

**R kick-ball-touch, L kick-ball-touch, touch ½ unwind, L shuffle fwd**

**右踢交換步點, 左踢交換步點, 點旋繞1/2, 左前交換步**

**1&2**

**Kick R fwd, step R beside L, touch L to L side**

**右足前踢, 右足併踏, 左足左點**

**3&4**

**Kick L fwd, step L beside R, touch R to R side**

**左足前踢, 左足併踏, 右足右點**

**5-6**

**Touch R toe behind L, ½ R unwind (weight ending up on R)**

**右足趾於左足後點, 右旋繞180度(重心結束在右足)**

**7&8**

**L shuffle fwd (3 o'clock)  左足前交換步(3點鐘)**

**第五段**

**Brush R fwd, step, hip bumps, sailor x 2**

**右前擦踢步, 踏, 推臀, 水手步2次**

**1-2**

**Brush R forward, Step R to the right**

**右足前擦刷, 右足右踏**

**3&4**

**Hip bumps L, R, L   推臀(左, 右, 左)**

**5&6**

**Cross step R behind L, step L side, step R to right side**

**右足於左足後交叉踏, 左足左踏, 右足右踏**

**7&8**

**Cross step L behind R, step R side, step L to left side**

**左足於右足後交叉踏, 右足右踏, 左足左踏**

**第六段**

**Step-1/2 turn, shuffle fwd, step -1/2 turn, shuffle fwd**

**踏-轉1/2, 前交換步, 踏-轉1/2, 前交換步**

**1-2**

**Step forward on R, pivot 1/2 turn L**

**右足前踏, 左轉180度**

**3&4**

**Shuffle forward on R, L, R  前交換步(右, 左, 右)**

**5-6**

**Step forward on L, Pivot 1/2 turn R**

**左足前踏, 右轉180度**

**7&8**

**Shuffle forward on L, R, L (3 o'clock)**

**前交換步(左, 右, 左) (3點鐘)**