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| Hurts Instead |  |

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| **拍数:** | 32 | **墙数:** | 2 | **级数:** | Advanced | . |
| **编舞者:** | Dan McInerney (UK) - February 2011 |
| **音乐:** | Someone Like You - Adele : (Album: 21) |
| . |

**Starts: After 16 counts/14 seconds just before she sings “heard”**

**SIDE, COASTER STEP, STEP FULL TURN HALF SWEEP, BEHIND TURN TURN ROCK**

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| --- | --- |
| 1, 2& | Step R to R side as you open body to L diagonal (11:00), make 1/4 L stepping L back, step R together (09:00) |

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| --- | --- |
| 3, 4& | Step L forward, step R forward, making 1/2 turn R step L back (03:00) |

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| --- | --- |
| 5&6 | Making 1/2 turn R step R forward, making 1/2 R step L back, sweep R around and behind L (03:00) |

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| --- | --- |
| 7&8& | Step weight down onto R, making 1/4 turn L step L forward, making 1/4 turn L step R to R side, making 1/2 turn L rock L to L side (03:00) |

**(TAG: dance Tag 2 here on wall 4 (facing 09:00) then restart the dance)**

**RECOVER CROSS SIDE, BEHIND QUARTER STEP LOCK, WALK, WALK, WALK, POINT**

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| --- | --- |
| 1&2 | Recover weight onto R, cross L over R, step big step R |

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| --- | --- |
| 3&4& | Cross L behind R, making 1/4 turn R step R forward, step L forward, lock R behind L (06:00) |

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| --- | --- |
| 5, 6 | Step L forward, step R forward |

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| --- | --- |
| 7, 8 | Step L forward taking all weight, R should be behind so point R slightly back (toe close to the floor) |

**(STYLING: on count 2, open your body to L diagonal (02:00) as you look to L side)**

**TURN STEP TURN PRESS, RECOVER TURN, STEP TURN TURN, POINT, FULL TURN, ROCK RECOVER**

|  |  |
| --- | --- |
| &1&2 | Making 1/2 turn R step onto R, step L forward, pivot 1/2 turn R with weight ending on R, press L forward (06:00) |

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| 3, 4 | Recover weight onto R as you make 1/2 turn L, step L forward |

**(RESTART: restart here on wall 6 (facing 03:00) and on wall 8 (facing 09:00))**

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| &5, 6 | Making 1/2 turn L step R back, making 1/2 turn L step L forward, point R to R side (12:00) |

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| --- | --- |
| 7&8& | Make a full turn R on ball of L foot, transfer weight onto R, rock L to L side, recover onto R (12:00) |

**CROSS QUARTER QUARTER ROCK CROSS, SIDE, CROSS ROCK SIDE, CROSS ROCK SIDE CROSS**

|  |  |
| --- | --- |
| 1&2& | Cross L over R, making 1/4 turn L step R back, making 1/4 L rock L to L side, recover onto R (06:00) |

|  |  |
| --- | --- |
| 3, 4 | Cross L over R, step R to R side |

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| --- | --- |
| 5&6 | Rock L across over R, recover weight onto R, step L to L side |

|  |  |
| --- | --- |
| 7&8& | Rock R across over L, recover weight onto L, step R to R side, cross L over R |

**(TAG: dance Tag 1 here at the end of wall 2)**

**REPEAT**

**TAG 1:**

**A weave danced at the end of wall 2, facing the front (12:00). After the tag, continue to dance from the beginning.**

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| --- | --- |
| 1&2& | Step R to R side, cross L behind R, step R to R side, cross L over R |

**TAG 2:**

**A slightly different weave danced after 8& counts of wall 4, you dance the tag facing the L side wall (09:00).**

|  |  |
| --- | --- |
| 1&2& | Recover weight onto R, cross L over R, step R to R side, cross L behind R |

**After Tag 2, restart the dance from the beginning. This means you’ll now be dancing on the side walls.**

**RESTARTS**

**Both restarts happen in the same place and they’ll be on side walls. The restart is after count 4 of the 3rd section**

**(i.e. after count 20). As per normal, you step L forward then restart by stepping R to R side.**

**1st restart, wall 6 – you’ll restart facing the R side wall (03:00).**

**2nd restart, wall 8 – the tempo will slow so slow your steps also - you’ll restart facing the L side wall (09:00).**

**(v1, 210211)**

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