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| Hurting Heart |  |

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| **拍数:** | 32 | **墙数:** | 4 | **级数:** | Beginner | . |
| **编舞者:** | Niels Poulsen (DK) & Anna Korsgaard (DK) - September 2013 |
| **音乐:** | You Got Away - Ann Tayler : (iTunes) |
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**OBS! No Tags – no Restarts! This dance is a floor-split to my own improver dance ‘You got away’.**

**Intro: 16 count intro (app. 6 secs. into track). Start with weight on L foot**

**[1 – 8] Fwd R, tap L behind, back L, kick R fwd, back R, touch & clap, back L, touch & clap**

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| 1 – 4 | Step R fwd (1) tap L behind R (2), step back on L (3), kick R fwd (4) 12:00 |

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| 5 – 8 | Step back on R (5), touch L next to R and clap (6), step back on L (7), touch R next to L and clap (8) 12:00 |

**[9 – 16] R coaster step, hold, run LRL fwd, hold**

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| 1 – 4 | Step back on R (1), step L next to R (2), step fwd on R (3), hold (4) 12:00 |

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| 5 – 8 | Run fwd on L (5), run fwd on R (6), run fwd on L (7), hold (8) 12:00 |

**[17 - 24] R mambo step, hold, L mambo step, hold**

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| 1 – 4 | Rock fwd on R (1), recover weight back on L (2), step back on R (3), hold (4) 12:00 |

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| 5 – 8 | Rock back on L (5), recover weight fwd to R (6), step fwd on L (7), hold (8) 12:00 |

**[25 – 32] Step ¼ L, cross, hold, stomp L, swivel heel toe heel next to L**

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| 1 – 4 | Step fwd on R (1), turn ¼ L stepping onto L (2), cross R over L (3), hold (4) 9:00 |

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| 5 – 8 | Stomp L to L side (5), swivel R heel L (6), swivel R toes L (7), swivel R heel L (8) – weight L 9:00 |

**Start again... and enjoy!**

**Ending Start wall 16, facing 3:00, and do up to count 12 (R coaster step, Hold). Just turn ¼ L onto L foot on count 5. You’re now facing 12:00. Tadaahhh!? 12:00**

**Contact: niels@love-to-dance.dk - www.love-to-dance.dk**