

What Hurts The Most

COPPER KNOB
STEPSHEETS

拍数: 64 墙数: 2 级数: Intermediate
编舞者: Roy Thompson (UK) - December 2007
音乐: What Hurts the Most - Cascada : (CD: Perfect Day Or CD Single Radio Edit)



Intro:

(3:41) After 96 Counts (Main Heavy Beat) it's a long time but matches the beat. 41 Seconds 4 count before the words 'What Hurts The Most'.

(3:25) After 64 Counts (Main Heavy Beat) 27 Seconds Same words as above.

KICK OUT OUT. RAISE HEELS. RIGHT SAILOR. LEFT SAILOR 1/4 TURN

- 1 & 2 Kick Right Forward, Step Right To Right Side, Step Left To Left Side
- 3 - 4 Raising Heels (Twice) (Styling: Bump Hips Forward Twice)
- 5 & 6 Step Right Behind Left, Step Left Next To Right, Step Right To Right Side
- 7 & 8 Step Left Behind Right, Make 1/4 Turn Left Stepping Right To Right Side, Step Left To Left Side (9:00)

STEP LOCK STEP. 1/2 TURN. KICK. COASTER STEP. WALK WALK

- 1 & 2 Step Forward On Right, Lock Left Behind Right, Step Forward On Right
- 3 - 4 1/2 Turn Left, Kick Left Forward (3:00)
- 5 & 6 Step Back On Left, Step Right Next To Left, Step Forward On Left
- 7 - 8 Walk Forward Right, Left

ROCK RECOVER. SHUFFLE 1/2 TURN. WALK WALK. PIVOT 1/4 TURN

- 1 - 2 Rock Forward On Right, Recover On Left
- 3 & 4 1/4 Turn Right Stepping Right To Right Side, Step Left Next To Right, 1/4 Turn Right Stepping Forward On Right (9:00)
- 5 - 6 Walk Forward Left, Right (Alternate: Full Turn Right on 2 Count)
- 7 - 8 Step Forward On Left, Make 1/4 Turn Right Stepping On To Right (12:00)

CROSS SIDE. TAP TAP. LEFT POINT. RIGHT POINT

- 1 - 2 Cross Left Over Right, Step Right To Right Side
- 3 - 4 Point Left Toe To (10:30) Tapping Left Heel (Twice)
- 5 - 6 Step On Left, Point Right To Corner (1:30) (Styling: Popping Shoulders Back)
- 7 - 8 Step On Right, Point Left To Corner (10:30) (Styling: Popping Shoulders Back)

(Styling: Steps 3-8 Angle Body to the Same Corners as Foot Work)

KICK BALL CROSS. POINT HOLD. KICK BALL CROSS. CORNER STRUT

- 1 & 2 Kick Left Forward, Step Left Next To Right, Cross Right Over Left (10:30)
- 3 - 4 Point Left To Left Corner(9:00), Hold (10:30)
- 5 & 6 Kick Left Forward, Step Left Next To Right, Cross Right Over Left (10:30)
- 7 - 8 Point Left To Left Corner(7)(9:00), Drop Heel(8) (10:30)

RIGHT SAILOR. TOUCH UNWIND 1/2. FULL TURN. RIGHT FORWARD SHUFFLE

- 1 & 2 Step Right Behind Left, Step Left Next To Right, Step Right To Right Side (12:00)
- 3 - 4 Touch Left Behind Right, Unwind 1/2 Turn Left (6:00)
- 5 - 6 Make 1/2 Turn Left Stepping Back On Right, Make 1/2 Turn Left Stepping Forward On Left (Alternate: Walk Forward Right, Left) (6:00)
- 7 & 8 Step Right Forward. Close Left Beside Right. Step Right Forward

ROCK RECOVER. LEFT COASTER. ROCK RECOVER. 3/4 TURN

- 1 - 2 Rock Forward On Left, Recover On Right
- 3 & 4 Step Back On Left, Step Right Next To Left, Step Forward On Left

- 5 - 6 Rock Forward On Right, Recover On Left
7 - 8 Make 1/2 Turn Right Stepping Forward On Right, Make 1/4 Turn Right Stepping Left To Left Side (3:00)

BEHIND SIDE CROSS. TURN SIDE CROSS. RIGHT STEP BUMPS. LEFT STEP BUMPS

- 1 & 2 Step Right Behind Left, Step Left To Left Side, Cross Right Over Left
3 & 4 Make 1/4 Turn Right Stepping Back On Left, Step Right To Right Side, Cross Left Over Right (6:00)
5 & 6 Step Forward On Right Bumping Hips Right, Left, Right
7 & 8 Step Forward On Left Bumping Hips Left, Right, Left

Start Again

TAG 1: End of 1st Wall Facing The Back

- 1 Step Forward On Right
2 - 4 Over 2 Counts Sweep Left Foot From Back And Point Left To Left Side(2-3), Hold(4)
5 Step Forward On Left
6 - 8 Over 2 Counts Sweep Right Foot From Back And Point Right To Right Side(6-7), Hold(8)

FORWARD. SLOW UNWIND 1/2 TURN. SLOW UNWIND 1/2 TURN WITH BOUNCE

- 1 Step Forward On Right
2 - 4 Slow Unwind 1/2 Turn Left Over 3 Counts (Weight Remains on Right) (12:00)
5 Cross Left Over Right
6 - 8 Slow 1/2 Turn Right Bouncing On Heels 3 Times (Weight Ends on Left) (6:00)

TAG 2: End of 3rd Wall Facing The Back

- 1 - 8 Repeat Counts 1-8 of Tag 1

Optional Ending: At End of Wall 6 (Facing Front Wall)

Cross Right Foot In Front of Left (With Right Toe Facing Right Corner).
