

# What Hurts The Most

**COPPER** KNOB  
STEPSHEETS

拍数: 32      墙数: 4      级数: Intermediate  
编舞者: Craig Bennett (UK) & Shaz Walton (UK) - November 2008  
音乐: What Hurts the Most - Rascal Flatts



Count in: start on vocals (x2 restarts)

**\*Start the dance with weight on right foot & left crossed over right.**

Alternative track: "Run" By Leona Lewis. Count In: start on lyrics, Bpm 96

**Unwind Full Turn/Sweep. Behind. Side. Forward. Run. Run. Rock. Recover. ¼. Full Turn. Cross**

- 1                      Unwind a full turn right, start to sweep right out.  
2&3                  Sweep/cross right behind left. Step left to left side. Step forward right.  
4&5                  Run forward on left. Run forward right. Rock forward on left.  
6-7                  Recover on right. Make ¼ left stepping left to left side.  
**(\*\* 1st RESTART & 'Sway' TAG\*\*)**  
&8                    Making a full turn left in total cross stepping left over right first: step left- right.  
&                    Cross step right over left [3 o'clock]

**¼ Developpe. Step. ½ Turn. Side. Rock. Recover. Forward. Step. ½. ½**

- 1-2                    Unfold left leg as you extend into a low kick, making a ¼ turn left. Step left forward.  
3&                    Step forward right. Make ½ turn left.  
4                      Step right to right side.  
5&6                  Rock back on left. Recover on right. Step forward left.  
7&8                  Step forward right. Make ½ turn left stepping forward left. Make ½ turn left stepping back right. [12 o'clock].

**Back. Cross. Back. Back. Cross. Back. Rock. Recover. ½. Back. Cross. Side. Back. Cross.**

- 1&2                    Step left back to diagonal. Cross step right over left. Step left back to left diagonal.  
&3&                    Step right back to right diagonal. Cross step left over right. Step right back to right diagonal.  
**\*this sequence will travel slightly backwards\***  
4&                    Rock back on left. Recover on right.  
5-6&                  Make ½ turn right stepping back on left dragging right. Step right to right diagonal. Cross left over right.

**(2nd RESTART: Dance as far as count 6 – replace count 6 with a step to right with right foot- begin dance again)**

- 7-8&                  Step right back to diagonal dragging left. Step left to left side. Cross right over left. [6 o'clock].  
**\*this sequence will travel slightly backwards\***

**Prep. 1 ¼ Turn Right. Rock. Recover. Back. ½. Step ½ Pivot. Sway. Replace.**

- 1                      Lean over left knee, slightly turning upper body to left.  
2&3                    Step right ¼ turn right. ½ turn right stepping back left. ½ turn right stepping forward right.  
4&5                    Rock forward on left. Recover back on right. Step back on left.  
6&7                    Step right forward ½ turn right. Step forward left. Pivot ½ turn right (weight on right)  
8&                    step left to left as you sway left, replace weight on right as you sway right & begin to bring left in front of right to begin the dance again. [3 o'clock].

**Restarts for Rascal Flatts Track only:**

**.1st Restart – wall 3 - 6 o'clock. Dance up to count 7 on the first section & dance counts 7-8 as 2 sways left-right & begin again. (Be sure to keep the weight on right on count 8) you will be facing 3 o'clock**

**.2nd Restart – wall 6– 9 o'clock wall -Dance as far as count 6 – replace count 6 with a step to right with right**

foot- Begin dance again on 3 o'clock wall.

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