

# It Hurts A Bunch

拍数: 32      墙数: 2      级数: Easy Intermediate  
编舞者: Helena Davies (UK) - June 2013  
音乐: Liquid Lunch - Caro Emerald



(a.k.a. Liquid Lunch)

**Intro: 32 counts after heavy drum beat**

## **S1:**

1-2            Walk fwd L-R  
3&4&        Rock-step L fwd, Recover On R, Rock-step L to L side, Recover on R  
5&6        L sailor 1/4 turn L (9)  
7-8        Step R behind L, Touch L to L side

## **S2:**

1&2            Step L behind R, Step R back into 1/4 turn R, Step L fwd (12)  
3-4            Step R to R side and sway R, Sway L  
5-6            Step R out and fwd to R corner, Step L out and fwd to L corner  
7-8            Step R in and back, Step L beside R

**optional:**

**on counts 5-6 touch R&L hands to forehead**

**on counts 7-8 touch R&L hands to tummy**

## **S3:**

1&2            Step R back, Lock-step L over R, Step R back  
&3-4        Jump back L-R, Clap  
5-6            Cross-step L over R, Step R back into 1/4 turn L (9)  
&7&8        Step L back, Cross-step R over L, Step L to L side, Cross R over L

## **S4:**

1-2            Step L back into 1/4 turn R, Step R to R side into 1/4 turn R (3)  
3&4            Cross-step L over R, Step R to R side, Cross-step L over R  
5-6            Step R 1/8 turn R, Step L 1/8 turn R (6)  
7&8            Rock/Stomp R to R side, Recover on L, Rock/Stomp R to R side

**optional: Shake R shoulder & head to R when stomping**

## **TAGS - 2:**

**After 3rd Rotation - facing back wall - do the following Charleston steps**

1-4            Step L fwd, Kick R fwd, Step R back, Touch L back  
5-8            Step L fwd, Kick R fwd, Step R back, Touch L back - and restart dance

**After 6th Rotation - facing front wall:**

**Repeat 1-8 Charleston steps - and Restart dance again**

**Submitted by - johnny sheehan: [johnny.s@modernlinedancing.co.uk](mailto:johnny.s@modernlinedancing.co.uk)**