

Don't Hurt

64 Count, 2 Wall, Intermediate Choreographer: Karl-Harry Winson & Kate Sala (UK) Jan 2020 Choreographed to: Hurt by Louise (3:16)

"Dedicated to the memory and legacy of our dear friend Robbie McGowan Hickie"

Intro	. 1	16	Co	ıır	nts

Section 1 Forward Rock. Triple Full Turn. Forward Rock. Shuffle 1/2 Turn Left.

1 - 2Rock Right forward. Recover weight on Left. 3&4 Triple full turn Right stepping: Right, Left, Right. 5 - 6Rock forward on Left. Recover weight on Right.

7&8 Shuffle 1/2 turn Left stepping: Left, Right, Left. 6 o'clock

Cross. Side. Sailor 1/4 Turn Right. Full Turn Right. Left Mambo Step. Section 2

1 - 2Cross Right over Left. Step Left to Left side.

3&4 Cross Right behind Left turning 1/4 Right. Step Left beside Right. Step Right forward. 9 o'clock

5 - 6Turn 1/2 Right stepping Left back. Turn 1/2 Right stepping Right forward. 9 o'clock

7&8 Rock forward on Left. Recover weight on Right. Step back on Left.

Section 3 Walk Back X2 (with toe fans). Right Coaster Step. Left Cross Rock. Left Scissor Step.

1 - 2Walk back on Right (fanning Left toes out). Walk back on Left (fanning Right toes out).

3&4 Step Right back. Step Left beside Right. Step Right forward. 5 - 6Cross rock Left over Right. Recover weight on Right.

Step Left to Left side. Close Right beside Left. Cross step Left over Right. 7&8

Section 4 Chasse Right. 1/4 Turn Chasse Left. Cross Rock. Ball Cross. Right Scuff.

1&2 Step Right to Right side. Close Left beside Right. Step Right to Right side.

3&4 Turn 1/4 Left stepping Left to Left side. Close Right beside Left. Step Left to Left side. 6 o'clock

5 - 6Cross rock Right over Left. Recover weight on Left.

&7,8 Step Right beside Left. Cross step Left over Right. Scuff Right beside Left

(slightly sweep around Left).

*Restart Here on Wall 5 facing 6 o'clock.

Section 5 Cross, Side, Sailor 1/4 Heel, Ball-Step, 1/4 Turn Left, Sailor 1/4 Heel,

1 - 2Cross Right over Left. Step Left to left side.

3&4 Turn 1/4 Right stepping Right back. Step Left beside Right. Dig Right heel forward. 9 o'clock &5.6 Step Right beside Left. Step Left forward. Turn 1/4 Left stepping Right to Right side. 6 o'clock Turn 1/4 Left stepping Left back. Step Right beside Left. Dig Left heel forward. 3 o'clock 7&8

Section 6 (&) Right Forward Rock. Ball-Step. Back Step. Left Back Rock. Ball-Step. Forward Step.

Step Left beside Right. Rock forward on Right. Recover weight on Left. &1,2

&3,4 Step Right beside Left. Step Left back. Step back on Right.

5 - 6Rock back on Left. Recover weight on Right.

&7.8 Step Left beside Right. Step forward on Right. Step Left forward. 3 o'clock

Forward Rock. Right Full Turn Back. Right Back Rock. Right Kick Ball-Step. Section 7

1 - 2Rock Right forward. Recover on Left.

3 - 4Turn 1/2 Right stepping forward on Right. Turn 1/2 Right stepping back on to Left. 3 o'clock

Rock back on Right. Recover on Left. 5 - 6

Kick Right forward. Step Right beside Left. Step Left forward. 7&8

Cross. Touch. Left Samba Step. Jazz Box 1/4 Turn Right. Section 8

1 - 2Cross Right over Left. Touch Left toe out to Left side.

3&4 Cross Left over Right stepping slightly forward. Rock Right to Right side. Recover on Left.

Cross Right over Left. Turn 1/4 Right stepping Left back. Step Right to Right side. 5 - 8

Step forward on Left. 6 o'clock

* Restart: On Wall 5, dance 32 Counts and restart the dance facing 6 o'clock Wall.



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