

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: 16 Counts		
Section 1	Forward Rock. Triple Full Turn. Forward Rock. Shuffle 1/2 Turn Left.	
1 – 2	Rock Right forward. Recover weight on Left.	
3&4	Triple full turn Right stepping: Right, Left, Right.	
5 – 6	Rock forward on Left. Recover weight on Right.	
7&8	Shuffle 1/2 turn Left stepping: Left, Right, Left. 6 o'clock	
Section 2 Cross. Side. Sailor 1/4 Turn Right. Full Turn Right. Left Mambo Step.		
1-2	Cross 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 – 6	Turn 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 – 2	Walk 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.	
5-6	Cross rock Left over Right. Recover weight on Right.	
7&8	Step Left to Left side. Close Right beside Left. Cross step Left over Right.	
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 – 6	Cross rock Right over Left. Recover weight on Left.	
&7,8	Step Right beside Left. Cross step Left over Right. Scuff Right beside Left	
*Dootort Uoro	(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 – 2	Cross 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	
7&8	Turn 1/4 Left stepping Left back. Step Right beside Left. Dig Left heel forward. 3 o'clock	
Section 6	(&) Right Forward Rock. Ball-Step. Back Step. Left Back Rock. Ball-Step. Forward Step.	
&1,2	Step Left beside Right. Rock forward on Right. Recover weight on Left.	
&3,4	Step Right beside Left. Step Left back. Step back on Right.	
5-6	Rock back on Left. Recover weight on Right.	
&7,8	Step Left beside Right. Step forward on Right. Step Left forward. 3 o'clock	
Section 7	Forward Rock. Right Full Turn Back. Right Back Rock. Right Kick Ball-Step.	
1 – 2	Rock Right forward. Recover on Left.	
3 – 4	Turn 1/2 Right stepping forward on Right. Turn 1/2 Right stepping back on to Left. 3 o'clock	
5 – 6	Rock back on Right. Recover on Left.	
7&8	Kick Right forward. Step Right beside Left. Step Left forward.	
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Section 8 1 – 2	Cross. Touch. Left Samba Step. Jazz Box 1/4 Turn Right. Cross 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.	
5 – 8	Cross Right over Left. Turn 1/4 Right stepping Left back. Step Right to Right side.	
	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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