

## **Hurt No More**



www.linedancerweb.com www.linedancefoundation.com www.kingshilldanceholidays.com. 32 Count 2 Wall Intermediate Level Dance.

Choreographed by: Grace David (KOR) & Amanda Rizzello (FR) Dec 2023

Choreographed to: Hurt No More by Chase Wright

Intro: 16 Counts. Start at approx 10 secs.

Remember to Vote for your favourite dances in the Linedancer Charts.

WALK WALK SIDE BOCK CROSS 1/ BACK SHIFELE 1/ SIDE BOCK DECOVED

<b>SEC 1</b> 1-2 3&4 5&6 7-8	WALK, WALK, SIDE-ROCK, CROSS, ½ BACK SHUFFLE, ¼ SIDE ROCK-RECOVER Step RF Fwd, Step LF Fwd Rock RF on R side, Recover on LF, Cross RF over LF Turn ¼ to R stepping LF on side, Step RF next to LF, Turn ¼ to R stepping LF back (6:00) Turn ¼ to R Rocking RF on side, Recover on LF (9:00)
<b>SEC 2</b> 1&2 3&4 5-6 7-8	CROSS SHUFFLE, SIDE-ROCK, CROSS, HINGE TURN, CROSS-ROCK, RECOVER Cross RF over LF, Step LF slightly behind RF on ball, Cross RF over LF Rock LF on L side, Recover on RF, Cross LF over RF Turn ¼ to L stepping RF back, Turn ¼ L stepping LF on side (3:00) Rock RF over LF, Recover on LF
SEC 3 1&2 3-4 5&6 7-8	SIDE CHASSE, 1/8 WALK, WALK, FORWARD MAMBO, BACK SWEEPS  Step RF on R side, Step LF next to RF, Step R on side  Turn 1/8 to R Stepping LF Fwd, Step RF Fwd (4:30)  Rock LF Fwd, Recover on RF, Step LF Back  Step RF back sweeping LF from front to back, Step LF back sweeping RF from front to back
<b>SEC 4</b> 1&2& 3-4 &56 7-8	1/8 WEAVE STEP, BACK DRAG, BALL, WALK, WALK, 3/4 TURN  Step RF behind LF, Turn 1/8 to L stepping LF on side, Cross RF over LF, Step LF on L side (3:00)  Big Step back on RF, Drag LF towards RF  Step LF next to RF on ball, Step RF Fwd, Step LF Fwd  Turn 1/2 to L stepping RF back, Turn 1/4 to L stepping LF on L side (6:00)
<b>Tag</b> 1-2 &3-4 5-6-7 8&	At the end of Walls 2, 4 and 6  SIDE, HOLD, BALL, SIDE, TOGETHER, CROSS, HINGE TURN, CROSS ROCK-RECOVER  Step RF on R side, Hold  Step LF next to RF on ball, Step RF on R side, Step LF next to RF  Cross RF over LF, Turn ¼ to R stepping LF back, Turn ¼ to R stepping RF on side  Rock LF over RF, Recover on RF
1-2 &3-4 5-6-7 8&	SIDE, HOLD, BALL, SIDE, TOGETHER, CROSS, HINGE TURN, STEP FORWARD, BALL Step LF on L side, Hold Step RF next to LF on ball, Step LF on L side, Step RF next to LF Cross LF over RF, Turn ¼ to L stepping RF back, Turn ¼ to L stepping LF on side Step RF Fwd, Step LF next to RF on ball

