

# It Hurts

**Choreographed by Kathy Chang & Sue Hsu**

Description: 48 count, 4 wall, beginner/intermediate line dance

Music: It Hurts by Lena Philipsson

February 2008

## **RIGHT TOE TOUCHES FRONT & SIDE, RIGHT SAILOR STEP, LEFT FORWARD, ½ PIVOT RIGHT, LEFT SHUFFLE FORWARD**

- 1-2 Touch right toe forward, touch right toe side
- 3&4 Cross right behind left, step left side, step right forward
- 5-6 Step left forward, ½ pivot right
- 7&8 Left forward shuffle (6:00)

## **RIGHT TOE TOUCHES FRONT & SIDE, RIGHT SAILOR STEP, LEFT FORWARD ROCK & RECOVER, ¼ CHASSE LEFT**

- 1-2 Touch right toe forward, touch right toe side
- 3&4 Cross right behind left, step left side, step right forward
- 5-6 Rock left forward, recover on right
- 7&8 Turning ¼ left step left side, step right together, step left side (3:00)  
**Restart here on wall 3**

## **CROSS, TOUCH, CROSS, TOUCH, TOUCH, ½ UNWIND, LEFT SHUFFLE FORWARD**

- 1-2 Cross right over left, touch left to left side
- 3-4 Cross left over right, touch right to right side
- 5-6 Touch right toe behind left, ½ right unwind (weight ending up on right)
- 7&8 Left shuffle forward (9:00)

## **RIGHT KICK-BALL-TOUCH, LEFT KICK-BALL-TOUCH, TOUCH ½ UNWIND, LEFT SHUFFLE FORWARD**

- 1&2 Kick right forward, step right beside left, touch left to left side
- 3&4 Kick left forward, step left beside right, touch right to right side
- 5-6 Touch right toe behind left, ½ right unwind (weight ending up on right)
- 7&8 Left shuffle forward (3:00)

## **BRUSH RIGHT FORWARD, STEP, HIP BUMPS, SAILOR TWICE**

- 1-2 Brush right forward, step right to the right
- 3&4 Hip bumps left, right, left
- 5&6 Cross right behind left, step left side, step right to right side
- 7&8 Cross left behind left, step right side, step left to right side

## **STEP, ½ TURN, SHUFFLE FORWARD, STEP, ½ TURN, SHUFFLE FORWARD**

- 1-2 Step forward on right, pivot ½ turn left
- 3&4 Shuffle forward on right, left, right
- 5-6 Step forward on left, pivot ½ turn right
- 7&8 Shuffle forward on left, right, left (3:00)

**REPEAT**

**RESTART**

On wall 3 dance first 16 count then restart the dance (9:00)