Don't Hurt



Count: 64 Wall: 2 Level: Intermediate

Choreographer: Karl-Harry Winson (UK) & Kate Sala (UK) - January 2020

Music: Hurt - Louise : (Single)



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

Intro: 16 Counts - Music available from amazon.co.uk - play.com - iTunes.

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

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.

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.

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 (slightly sweep

around Left).

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

(&) 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

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

1 – 2 Rock Right forward. Recover on	Left.
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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.

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

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

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

1 – 2 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.