

IT HURTS

Count: 48. **Wall:** 2. **Level:** Beginner/Intermediate

Choreographer: Gordon Elliott

Music: It Hurts by Lena Philipsson (CD. Eurovision Song Contest 04)

ROCK RIGHT, RECOVER, TRIPLE, ROCK LEFT, RECOVER, TRIPLE

1,2 Rock R to right, Recover onto L

3&4 Triple step: R,L,R

5,6 Rock L to left, Recover onto R

7&8 Triple step: L,R,L

FORWARD, ROCK, TRIPLE, ROCK BACK, RECOVER, TRIPLE

1,2 Rock R forward, Recover onto L

3&4 Triple step: R,L,R

5,6 Rock L back, Recover onto R

7&8 Triple step: L,R,L

RESTART: Wall 3

STEP, PIVOT 1/4, TRIPLE, STEP, PIVOT 1/2, TRIPLE

1,2 Step R forward, Turn $\frac{1}{4}$ left (**weight onto L**)

3&4 Triple step: R,L,R

5,6 Step L forward, Turn $\frac{1}{2}$ right (**weight onto R**)

7&8 Triple step: L,R,L

STEP, PIVOT 1/4, TRIPLE, STEP, PIVOT 1/2, TRIPLE

1,2 Step R forward, Turn $\frac{1}{4}$ left (**weight onto L**)

3&4 Triple step: R,L,R

5,6 Step L forward, Turn $\frac{1}{2}$ right (**weight onto R**)

7&8 Triple step: L,R,L

STEP, SLIDE TOGETHER, TRIPLE, STEP, SLIDE TOGETHER, TRIPLE

1,2 Step R forward at 45 degrees right, Slide to step L together

3&4 Triple step: R,L,R

5,6 Step L forward at 45 degrees left, Slide to step R together

7&8 Triple step: L,R,L

BACK, TOUCH, BACK, TOUCH, BACK, TOUCH, BACK, TOUCH

1,2 Step R back 45° right, Touch L together & clap

3,4 Step L back 45° left, Touch R together & clap

5,6 Step R back 45° right, Touch L together & clap

7,8 Step L back 45° left, Touch R together & clap

REPEAT

RESTART

On wall 3 dance to beat 16, then restart the dance facing the front