

WHAT HURTS THE MOST

LINEDANCE.COM

Count: 144

Wall: 1

Level: intermediate/advanced

Choreographer: Kash Bane

Music: What Hurts The Most by Rascal Flatts

½ MONTEREY TURN, FULL TURN, STEP, HOLD

- 1-2** Point right toe to right side, make a ½ turn over right shoulder by stepping right next to left
- 3-4** Point left toe to left side, return next to right
- 5-6** Make a ½ turn left by stepping back on right foot, make a further ½ turn stepping forward on left foot
- 7-8** Step forward on right foot, hold

¼ TURNING SAILOR FLICK, SWEEP, BACK ROCK, SLIDE

- 1-2** Step left foot behind right, step right foot to right side
- 3-4** Make a ¼ turn right by hopping onto left foot and kicking right foot forward, sweep right foot behind left
- 5-6** Rock right foot behind left foot, recover onto left
- 7-8** Take a large step right on right foot, slide left next to right

BACK ROCK, ¾ SWEEP TURN, WALK, WALK, POINT, HOLD

- 1-2** Rock left foot behind right, recover onto right foot
- 3-4** Make a ¾ turn right stepping left foot back, make a ½ turn right sweeping right leg out
- 5-6** Step down onto right foot, step forward on left
- 7-8** Point right toe forward, bending right knee, hold

COASTER STEP, HOLD, ½ TURN, BACK ROCK, SCUFF

- 1-2** Step right foot back, close left foot to right
- 3-4** Step right foot forward, hold
- 5-6** Make a ½ turn right stepping back on left foot, rock right foot back
- 7-8** Recover onto left foot, scuff right foot forward

3X FULL TURNS, STEP, HOLD

- 1-2 Make a $\frac{1}{2}$ turn left stepping back on right, make a further $\frac{1}{2}$ turn left stepping forward on left
- 3-4 Repeat steps 1-2
- 5-6 Repeat steps 1-2
- 7-8 Step right foot to right side, hold

$\frac{1}{4}$ TURNING SAILOR STEP, HOLD, COASTER STEP, HOLD

- 1-2 Step left foot behind right, making a $\frac{1}{4}$ turn left step right to right side
- 3-4 Step left foot to left side, hold
- 5-6 Step right foot back, close left foot next to right
- 7-8 Step forward on right, hold

STEP, BICYCLE KNEES, WEAVE, HOLD

- 1-2 Step left foot forward, hitch right knee
- 3-4 Switch knees by hitching left knee and stepping down on right, lower left knee
- 5-6 Step right foot behind left, step left foot to left side
- 7-8 Cross right foot over left, hold

ROCK AND CROSS, HOLD, STEP, $\frac{1}{2}$ HINGE TURN, CROSS, ROCK

- 1-2 Rock left foot to left side, recover onto right foot
- 3-4 Cross left foot over right, hold
- 5-6 Step right foot to right side, make a $\frac{1}{2}$ turn left stepping left to left side
- 7-8 Cross right over left foot, rock left foot out to left side

RECOVER, CROSS, SWEEP, CROSS, ROCK, CROSS, UNWIND

- 1-2 Recover onto right foot, cross left foot over right
- 3-4 Sweep right foot out and in front of left foot, cross right over left
- 5-6 Rock to left side on left foot, recover onto right foot
- 7-8 Cross left over right, unwind making a full turn

$\frac{1}{4}$ TURN STEP, KICK, BACK ROCK, $\frac{1}{4}$ TURN POINT, HOLD, BACK ROCK

- 1-2 Make a $\frac{1}{4}$ turn right stepping back on left foot, kick right foot forward
- 3-4 Rock back onto right foot, recover onto left

5-6 Make a $\frac{1}{4}$ turn left pointing right toe to right side, hold

7-8 Rock back onto right foot, recover onto left foot

HEEL, $\frac{1}{4}$ TURN FLICK, CROSS, HOLD, SWEEP, CROSS, SWEEP, CROSS

1-2 Touch right heel forward, making a $\frac{1}{4}$ turn left on ball of left foot, flick right foot backwards

3-4 Cross right foot over left, hold

5-6 Sweep left foot from behind right and cross over right

7-8 Sweep right foot out from behind left and cross over left

COASTER STEP, HOLD, ROCK AND $\frac{1}{2}$ TURN, HOLD

1-2 Step left foot back, close right foot next to left

3-4 Step left foot forward, hold

5-6 Rock forward on right foot, recover onto left foot

7-8 Make a $\frac{1}{2}$ turn over right shoulder stepping forward on right, hold

FULL TURN, STEP, HOLD, $\frac{1}{4}$ TURN HOP AND FLICK, CROSS, $\frac{1}{4}$ TURN STEP, HOLD

1-2 Make a $\frac{1}{2}$ turn right stepping back on left, make a further $\frac{1}{2}$ turn right stepping forward on right

3-4 Step forward on left, hold

5-6 Hopping on left foot (in place) make a $\frac{1}{4}$ turn left while swinging right foot out to right side, cross right over left

7-8 Make a $\frac{1}{4}$ turn left, stepping forward on left foot, hold

SCUFF, STEP, TAP, HOLD, STEP, TOGETHER, SLIDE

1-2 Scuff right foot at left, step back onto right foot

3-4 Tap right toe backwards, hold

5-6 Step left foot forward, step right foot next to left

7-8 Take a large step back on left foot, slide right next to left

STEP, $\frac{3}{4}$ UNWIND, STEP, HOLD, CROSS SWING WITH $\frac{1}{2}$ HITCH

1-2 Step right behind left, unwind $\frac{3}{4}$ turn

3-4 Step left to left side, hold

5-6 Swing right leg out and across left leg

7-8 Sweep right leg out and round making a $\frac{1}{2}$ turn right and bringing up into hitch

SHUFFLE, HOLD, POINT, POINT, HOLD

- 1-2 Step forward on right foot, close left next to right
- 3-4 Step forward on right foot, hold
- 5-6 Point left toe to left side, bring back to center
- 7-8 Point right toe to right side, hold

¼ TURN PRESS, DRAG, SHUFFLE, HOLD

- 1-2 Put weight onto right point, making a ¼ turn left and bending knee
- 3-4 Release press and slide right foot back towards you
- 5-6 Step forward on right foot, close left foot next to right
- 7-8 Step forward on right foot, hold

SHUFFLE, HOLD, ROCK, ½ TURN, STEP

- 1-2 Step forward on left foot, close right foot next to left
- 3-4 Step forward on left foot, hold
- 5-6 Rock forward onto right foot, recover back onto left
- 7-8 Make a ½ turn over right shoulder stepping forward on right foot, step forward on left

REPEAT

TAG

Add after you have danced through twice, repeat counts 1-24 (step, step, point, hold). Then add these four counts:

- 1-2 Place weight onto right foot, make a ¼ turn left stepping forward on left foot
- 3-4 Cross right foot over left, rock out to left side on left foot

Continue the dance from count 65 (recover, cross, sweep)