

# What Hurts The Most (□□□□□ )

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**Count:** 32

**Wall:** 4

**Level:** Intermediate

**Choreographer:** Craig & Shaz (Nov 08)

**Music:** What Hurts The Most by Rascal Flatts (CD: 86bpm) Alternative track: "Run" By Leona Lewis.

Count In: start on lyrics, Bpm 96

□□□ **Count in: start on vocals** □□□□

□□□

**Unwind Full Turn/Sweep.**

**Behind. Side. Forward. Run. Run. Rock. Recover. 1/4. Full Turn. Cross**

□□□ , □ □ □ , □ □ □ □ □

□ 1/4, □□ □□

**1**

**Unwind a full turn right, start to sweep right out.**

□□□□□□□

**2&3**

**Sweep/cross right behind left. Step left to left side.**

**Step forward right.** □□□□□□□□ , □□□□ , □□□□

**4&5**

**Run forward on left. Run forward right. Rock forward on**

**left.**

□□□□ , □□□□ , □□□□□

**6-7**

**Recover on right. Make 1/4 left stepping left to left**

side.

□□□□ , □□ 90□□□□

**(\*\* 1st RESTART & 'Sway' TAG\*\*)**

**1st Restart - wall 3 - 6 o'clock. Dance up to count 7 on the first section &**

**dance counts 7-8 as 2 sways left- right & begin again. (Be sure to keep**

**the weight on right on count 8) you will be facing 3 o'clock**

□□□□□□ 6□□ , □□□□ , □□ 7-8□□□□□□ , □□□□ , □□ 3□□□□□□

**&8**

**Making a full turn left in total cross stepping left**

**over right first: step left- right. □□□□ (□□□□□□□□□□ , □□□□□□□□□□ )**

**&**

**Cross step right over left [9 o'clock]**

□□□□□□□□□□ (□□ 9□□ )

□□□

**¼ Developpe. Step. ½ Turn. Side. Rock.**

**Recover. Forward. Step. ½. ½**

□ 1/4, □ □ , □□ , □□□□ □□

□ , □ □ □

**1-2**

**Unfold left leg as you extend into a low kick, making a**

**¼ turn left. Step left forward. □□□□□□ , □□ 90□□□□□□**

**3&**

Step forward right. Make  $\frac{1}{2}$  turn left. □□□□ , □□ 180□

4

Step right to right side. □□□□

5&6

Rock back on left. Recover on right. Step forward left.

□□□□ , □□□□ , □□□□

7&8

Step forward right. Make  $\frac{1}{2}$  turn left stepping forward

left. Make  $\frac{1}{2}$  turn left stepping back right. [12 o'clock].

□□□□ , □□ 180□□□□ , □□ 180□□□□ (□□ 12□□ )

□□□

Back. Cross. Back. Back.

Cross. Back. Rock. Recover.  $\frac{1}{2}$ . Back. Cross. Side. Back. Cross.

□ □□ , □□□ □□ , □□□ □□ ,  $\frac{1}{2}$ □ □□ , □□□ □□

1&2

Step left back to diagonal. Cross step right over left.

Step left back to left diagonal. □□□□□ , □□□□□□□□ , □□□□□

&3&

Step right back to right diagonal. Cross step left over

right. Step right back to right diagonal.

□□□□□□ , □□□□□□□□ , □□□□□

**\*this sequence will travel slightly backwards\***

□□□□□□□□

**4&**

**Rock back on left. Recover on right.** □□□□ , □□□

**5-6&**

**Make 1/2 turn right stepping back on left dragging right.**

**Step right to right diagonal. Cross left over right.**

□□ 180□□□□□□□□ , □□□□□□ , □□□□□□□□

**(2nd RESTART: Dance as far as count 6**

**- replace count 6 with a step to right with right foot- begin dance again)**

**2nd Restart - wall 6- 9 o'clock wall -Dance as far as count 6 on the third section**

**- replace count 6 with a step to right with right foot- Begin dance again on**

**3 o'clock wall.** □□□□ (□□ 9□□ ), □□□□ , □ 6□□□□□□□□ , □□ 3□□ , □□□□

**7-8&**

**Step right back to diagonal dragging left. Step left to**

**left side. Cross right over left. [6 o'clock].**

□□□□□□□□ , □□□□ , □□□□□□□□□□ 6□□□

**\*this sequence will travel slightly backwards\***

□□□□□□□□

□□□

**Prep. 1 1/4 Turn Right.**

**Rock. Recover. Back. 1/2. Step 1/2 Pivot. Sway. Replace.**

□□□□ 1 1/4, □□ □□ □, 1/2 □□ □, □□ □

**1**

**Lean over left knee, slightly turning upper body to left.**

□□□□ , □□□□□

**2&3**

**Step right 1/4 turn right. 1/2 turn right stepping back left. 1/2 turn right stepping forward right.**

□□ 90□□□□ , □□ 180□□□□ , □□ 180□□□□

**4&5**

**Rock forward on left. Recover back on right. Step back on left.**

□□□□ , □□□□ , □□□□

**6&7**

**Step right forward 1/2 turn right. Step forward left.**

**Pivot 1/2 turn right (weight on right)**

□□ 180□□□□ , □□□□ , □□□□ 180□ (□□□□ )

**8&**

**step left to left as you sway left, replace weight on**

**right as you sway right & begin to bring left in front of right to begin**

**the dance again. [9 o'clock].**

□□□□□

, □□□□□□□□□□□□□□□□

(□□ 9□□ )

**Restarts for Rascal Flatts Track only: □□ Rascal Flatts□□□□ Restart**

Source: LineDance.com — [https://www.linedance.com/index.php?f=dance\\_view&id=10417](https://www.linedance.com/index.php?f=dance_view&id=10417)