

Can't Bear the Hurt

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Count: 64

Wall: 2

Level: Phrased Intermediate

Choreographer: Kenny Teh (Jan 2013)

Music: Wang Lin - Can't Bear the Hurt

Sequence of dance: AA BB Tag AA BBBB

Start the dance on vocals:

A: 32 counts

Section 1

1 2 3 4 Rock R fwd, recover L, rock R back, recover L,

5 6 7 8 Rock R fwd, recover L, $\frac{1}{4}$ R turn step R, cross L over R (3.00)

Section 2

1 2 3 4 Step R, step L behind R, $\frac{1}{4}$ R turn step R fwd, step L fwd (6.00)

5 6 7 8 $\frac{1}{2}$ **R turn step R fwd, $\frac{1}{4}$ R turn step L, step R behind L, $\frac{1}{4}$ L turn step L fwd (12.00)**

Section 3

1 2 3 4 Touch R to R, $\frac{1}{4}$ L turn touch R to R, $\frac{1}{4}$ L turn touch R to R, step R beside L (6.00)

5&6 7&8 Rock L, recover R, step L together, Rock R, recover L, step R together

Section 4

1&2& Touch L to L, step L together, touch R to R, step R together

3&4& Touch L fwd, step L together, touch R fwd

5&6 7&8 Bump RLR, bump LRL

B: 32 counts

Section 1

1 2 3 4 Cross R over L, step L back, $\frac{1}{4}$ R turn step R, step L (3.00)

5 6 7 8 Cross R over L, step L back, $\frac{1}{4}$ R turn step R, step L (6.00)

Section 2

1&2&3&4 Arc $\frac{1}{2}$ right as you lead with R foot going: step, ball, step, ball, step, ball, step (12.00)

5&6&7&8 Arc $\frac{1}{2}$ left as you lead with L foot going: step, ball, step, ball, step, ball, step (6.00)

Section 3

1&2 3&4 Right mambo, L mambo

5&6 7&8 Fwd mambo, back mambo

Section 4

1&2&3&4 Move fwd as you lead with R foot going: step, ball, step, ball, step, ball, step

5&6 7&8 Kick L, step down on L, touch R fwd, bump hips weight remaining on L

Repeat

TAG: 64 counts

Section 1

1 2 3 4 Cross R over L, step L back, $\frac{1}{4}$ R turn step R, step L (3.00)

5 6 7 8 Cross R over L, step L back, $\frac{1}{4}$ R turn step R, step L (6.00)

Section 2

1 2 3 4 Cross R over L, step L back, $\frac{1}{4}$ R turn step R, step L (9.00)

5 6 7 8 Cross R over L, step L back, $\frac{1}{4}$ R turn step R, step L (12.00)

Section 3

1 2 3 4 Step R, cross L over, step R, step L behind R

5 6 7&8 Step R, touch L diagonally L, bump and bump RLR as you look over the right shoulder and push both hands up and down

Section 4

1 - 8 Mirror above 8 steps

Section 5

1&2 3&4 Right shuffle back diagonally R, Left shuffle back diagonally L

5&6 7&8 Right shuffle back diagonally R, Left shuffle back diagonally L

Section 6

1 2 3 4 Skate R, skate L, skate R, hold

5 6 7 8 Skate L, skate R, skate L, hold

Section 7

1 2 3 4 Tap R, tap R, big step R, touch L together

5 6 7 8 Tap L, tap L, big step L, touch R together

Section 8

1 2 3 4 R out, L out, R in, L in

5 6 Jump both feet wide stretch both hands out, jump feet together and bring fists crossed together

7&8 Bend, straighten, bend knees with the hands still crossed

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