

# WHAT HURTS THE MOST

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**Count:** 32

**Wall:** 4

**Level:** intermediate

**Choreographer:** Michelle Adamson

**Music:** What Hurts The Most by Rascal Flatts

## **STEP FORWARD, SWEEP, FORWARD COASTER STEP. SWEEP BACK, SWEEP, COASTER BACK AND OUT TO THE SIDE**

- 1-2** Step forward on the right and sweep left forward, put weight on left
- 3&4** Step forward on right, bring left to right, step back on right
- 5-6** Sweep left back put weight on left, sweep right back and put weight on right
- 7&8&** Step back left, step right beside left, step forward on left, step right out to right side

## **ROCK, CROSS, ROCK OUT, ROCK, SHUFFLE ACROSS, ¼, ROCK AND ½ TURN, ROCK, ROCK**

- 1&2&** Rock onto left, cross right over left, step left out to the side, rock back on right
- 3&4** Cross shuffle to the right (step left across right, step right out to the side, step left across right)
- 5&6** Rock out to the right with a ¼ turn right, rock back on the left, turn ½ to the right on the right foot
- 7-8&** Step out on left, rock onto right, bring left next to right and put weight on left

## **FORWARD, ROCK, TOGETHER, FORWARD, ROCK, TOGETHER, CROSS, SIDE BEHIND, ¼, PIVOT HALF, FULL TURN**

- 1-2&** Rock forward on right, back on left, bring right next to left and change weight to right
- 3-4&** Rock forward on left, back on right, bring left beside right and change weight to left
- 5&6&** Cross right over left, step left out to the side, step right behind left, step left out to the left into a ¼ turn left
- 7&8&** Step forward on right and pivot a ½ turn left, put weight on left, full turn forward round left shoulder stepping right, left

## **STEP, ROCK BACK, HALF AND QUARTER AND CROSS, ROCK AND CROSS, ¼, ¼, ROCK**

- 1-2&** Step forward on right, rock back on left, turn a half to the right on the right foot
- 3&4** Step forward on the left with a ¼ turn right, rock on to right, cross left over right

**5&6&** Step out on right, rock onto left, cross right over left, step left out to the side with a ¼ turn right

**7-8** Step right behind left and ¼ turn to the right, rock onto left

**REPEAT**

**RESTART**

**Restart on the 3rd wall after 8 counts (facing 6:00)**

**Restart on the 6th wall after 22& counts (facing 9:00)**

**ENDING**

**The dance ends on the 8th wall after 24 counts (after the turn). To end dance step forward on right and drag left beside right**

**I would like to thank Nanna and Poppy (Ros and Stan Walker) for helping me with this dance and always being supportive of me in everything I do. Thanks heaps**