

# WHAT HURTS THE MOST

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**Count:** 32

**Wall:** 2

**Level:** intermediate/advanced

**Choreographer:** Helena Jeppsson

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

**SIDE, CROSS ROCK, BASIC NIGHT CLUB LEFT,  $\frac{1}{4}$  TURN RIGHT WITH SWEEP, BACK,  $\frac{1}{2}$  TURN LEFT, FORWARD,  $\frac{3}{4}$  TURN RIGHT**

- 1 Step right to side
- 2& Cross/rock left over right, recover onto right
- 3 Step left to side
- 4& Step right back, cross left over right
- 5 Turn  $\frac{1}{4}$  right and step right forward and sweep left back to front (3:00)
- 6& Rock left forward, recover on right
- 7 Turn  $\frac{1}{2}$  left and step left forward (9:00)
- 8& Step right forward, turn  $\frac{1}{2}$  right and step left back (3:00)

**Restart from here on wall 3**

**SIDE, ROCKING CHAIR, CROSS, SWEEP, CROSS, SIDE, BEHIND,  $\frac{1}{4}$  TURN LEFT, ROCK STEP**

- 1 Turn  $\frac{1}{4}$  right and step right to side (facing 6:00)
- 2& Rock left forward & across, recover onto right
- 3& Rock left diagonally back, recover onto right
- 4& Step left forward, sweep right back to front
- 5& Step right forward, step left to side
- 6 Cross right behind left
- 7& Turn  $\frac{1}{4}$  left and step left forward, step right forward (3:00)
- 8& Rock left forward, recover onto right

**BACK,  $\frac{1}{2}$  TURN RIGHT, STEP,  $\frac{3}{4}$  TURN, SIDE, CROSS ROCK, SIDE, HIPS SWAYS, ROCK STEP, SIDE**

- 1& Step left back, turn  $\frac{1}{2}$  right and step right forward (9:00)

- 2& Step right forward, turn  $\frac{3}{4}$  right (weight to left, facing 6:00)
- 3 Step right to side
- 4& Cross/rock left over right, recover onto right
- 5 Step left to side
- 6& Sway hips right, left

**Restart on wall 6**

- 7&8 Rock right behind left, recover onto left, step right to side

**ROCK STEP, SIDE, CROSS, 1  $\frac{1}{2}$  TURN RIGHT WITH SWEEP, BACK, CROSS, ROCK STEP,  $\frac{1}{4}$  TURN RIGHT, BACK**

- 1&2 Rock left behind right, recover onto right, step left to side
- 3-4 Cross/rock right behind left, recover to left
- 5& Spiral turn a full turn right and then turn an additional  $\frac{1}{2}$  turn as you sweep right from front to back and cross/rock right behind left, recover onto left
- 6-7 Rock right to side, recover onto left
- 8& Turn  $\frac{1}{4}$  right and step right back, step left back, turn  $\frac{1}{4}$  right (6:00)

**REPEAT**