

# Hurts So Good

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**Count:** 32      **Wall:** 4      **Level:** Improver

**Choreographer:** Cody Flowers (May 2019)

**Music:** "Hurts So Good" by John Mellencamp

**Dance starts 27 seconds into song**

**[1-8] Charleston (x2)**

**1 2**      Step RF forward, Touch Left Heel forward while clapping your hands twice (12:00)

**3 4**      Step LF beside RF, Touch Right Toe back while clapping your hands once (12:00)

**Restart here on Wall 8 facing 6:00**

**5 6**      Step RF forward, Touch Left Heel forward while clapping your hands twice (12:00)

**7 8**      Step LF beside RF, Touch Right Toe back while clapping your hands once (12:00)

**[9-16] Step-Touch, ¼ Triple, ¼ Sway (x2)**

**1 2**      Step RF to right side, Touch LF beside RF (9:00)

**3&4¼ Turn left stepping LF forward, Step RF beside LF, Step LF forward (9:00)**

**5&6¼ Turn left rocking RF to right side swaying hands to right, Recover weight on LF swaying hands to left (6:00)**

**7 8¼ Turn left rocking RF to right side swaying hands to right, Recover weight on LF swaying hands to left (3:00)**

**Restart here on Wall 4 facing 9:00**

**[17-24] Side-Behind, ¼ Triple, Rock-Recover, ½ Triple**

**1 2**      Step RF to right side, Step LF behind RF (3:00)

**3&4¼ Turn right stepping forward on RF, Step LF beside RF, Step RF forward (6:00)**

**5 6**      Rock forward on LF, Recover weight on RF (6:00)

**7&8½ Turn left stepping forward on LF, Step RF beside LF, Step forward on LF (12:00)**

**[25-32] ¼ Toe Strut (x2), ¼ Rocking Chair**

**1 2¼ Turn left touching ball of RF to right side bumping hip right, Step down on RF (9:00)**

**3 4<sup>1</sup>/<sub>4</sub> Turn left touch ball of LF forward bumping forward, Step down on LF (6:00)**

**Restart here on Wall 3 facing 12:00 & Wall 12 facing 9:00**

**5 6** Rock forward on RF,  $\frac{1}{4}$  Turn right recovering weight on LF (9:00)

**7 8** Rock back on RF, Recover weight on LF

**Begin the Dance Again!**

**dancewithcody@gmail.com | 561.755.2711**

**codytflowers.weebly.com**