

Only Love Can Hurt Like This

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Count: 48 **Wall:** 4 **Level:** Easy Intermediate

Choreographer: Helen Richards (UK) May 2014

Music: Only Love Can Hurt Like This by Paloma Faith (iTunes - 3:52 - 91 bpm)

(24 count intro - first step is taken before lyrics starts, lyrics start on second step)

Section 1: Forward Rock, Back Shuffle with ½ Turn, Back Shuffle with ½ Turn, Rock Back

- 1-2 Right Rock forward. Recover onto Left.
- 3&4 Shuffle step backwards with ½ turn, starting on the right.
- 5&6 Shuffle step backwards with ½ turn, starting on the left.

Option Counts 3&4, 5&6 Shuffle back (without turns) x2

- 7-8 Right Rock Back, Recover onto Left.

Section 2: Full Turn, Rock, Cross Shuffle, Sway, Sway

- 1&2 Full Turn (Stepping Right, Left, Right)

Option Counts 1&2 Right Step. Left Step, Right Step

- 3-4 Left Rock Back. Recover onto Right

5-6(To the left diagonal) Cross Left over Right. Step Right to the side. Cross Left over Right

- 7-8 Step Right to side Sway Right. Sway Left.

Section 3: Side Rock, Cross Shuffle, Side Rock, Cross Behind, Step ¼ Turn, Step

- 1-2 Right Side Rock. Recover onto Left.
- 3&4 Right Cross shuffle.
- 5-6 Left Side Rock. Recover onto Right.
- 7&8 Left Cross behind right. ¼ turn stepping onto right. Left Step.

Restart Wall 2: Restart dance from beginning

Section 4: Rock, Shuffle, Full Turn, Shuffle

- 1-2 Right Rock Forward. Recover on left. (keeping left foot behind)
- 3&4 Right Shuffle Forward.

5-6 Full Turn (travelling forward over two steps, Left, Right).

Option Counts 5-6 Walk forward Step Left, Step Right.

7&8 Left Shuffle Forward.

Restart Wall 5: Hold for music to restart - Restart dance from beginning (on lyric "This")

Section 5: Rock & Rock, Point behind ½ Turn, Shuffle.

1-2 Right Rock Forward. Recover onto Left.

& Use the "&" beat to swap weight from Left to Right.

3-4 Left Rock Forward. Recover onto Right.

5-6 Point Left leg behind. ½ Turn stepping onto the Left.

7&8 Right Forward shuffle.

Section 6: Cross, Step, Step, Cross, Step, Step, Step ½ Turn, Side Step, Step, Cross

1&2 Cross Left over Right, Right Step behind, Left Step (bringing both feet back together)

3&4 Cross Right over Left, Left Step behind, Right Step (bringing both feet back together)

5-6 Step Left, ½ Turn (stepping onto Right)

7&8 Left Side Step. Right Step, Cross Left Step (cross Left over Right)

Restart: Two Restarts - Wall 2 and Wall 5

Ending: Wall 8: Dance to count 26 (Right Rock Forward. Recover on Left)

Right Point Cross back - right over left. End of Dance.

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