

# It Hurts

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**Count:** 48      **Wall:** 4      **Level:** Beginner/Intermediate

**Choreographer:** Kathy Chang , Sue Hsu (Feb 08)

**Music:** It Hurts by Lena Philipsson (Album: Eurovision Song Contest)

 **Intro: 16 counts (From Heavy Beat)**



**R toe touches front &**

**side, R sailor step, L fwd, 1/2 pivot right, L shuffle fwd  &  ,  ,  , **  
**1/2, **

**1-2**

**Touch R toe forward, touch R toe side**

 , 

**3&4**

**Cross step R behind L, step L side,**

**step R fwd**

 ,  , 

**5-6**

**Step L forward, 1/2 pivot right  ,  180°**

**7&8**

**L fwd shuffle (6 o'clock)  (6° )**



**R toe touches front &**

**side, R sailor step, L fwd rock & recover, 1/4 chasse L  &  ,  ,  &**  
** ,  1/4°**

1-2

Touch R toe forward, touch R toe side

□□□□ , □□□□

3&4

Cross step R behind L, step L side,

step R fwd

□□□□□□□□ , □□□□ , □□□□

5-6

Rock L forward, recover weight on R

□□□□ , □□□□

7&8

Turning 1/4 left step L side, step R

together, step L side (3 o'clock) □□ 90□□□□ , □□□□ , □□□□ (3□□ )

**RESTART: On wall 3 dance first 16**

count then restart the dance (9

o'clock)

□□□□□□□□ 9□□□ , □□□□

□□□

Cross,

point, cross, point, touch, 1/2 unwind, L shuffle fwd

□□ , □□ , □□ , □□ , □□ , □□ 1/2, □□□□

1-2

**Cross R over L, point L to L side**

□□□□□□□□ , □□□□

**3-4**

**Cross L over R, point R to R side**

□□□□□□□□ , □□□□

**5-6**

**Touch R toe behind L, 1/2 R unwind**

**(weight ending up on R)**

□□□□□□□□ , □□□ 180° (□□□□□□□□ )

**7&8**

**L shuffle fwd (9 o'clock)**

□□□□□□ (9□□ )

□□□

**R kick-ball-touch, L**

**kick-ball-touch, touch 1/2 unwind, L shuffle fwd**

□□□□□□ , □□□□□□ , □□□ 1/2, □□□□□□

**1&2**

**Kick R fwd, step R beside L, touch L**

**to L side**

□□□□ , □□□□ , □□□□

**3&4**

**Kick L fwd, step L beside R, touch R**

**to R side**

□□□□ , □□□□ , □□□□

**5-6**

**Touch R toe behind L, ½ R unwind**

**(weight ending up on R)**

□□□□□□□□ , □□□ 180° (□□□□□□□□ )

**7&8**

**L shuffle fwd (3 o'clock)**

□□□□□□ (3□□ )

□□□

**Brush R fwd, step, hip bumps, sailor x 2**

□□□□□□ , □ , □□ , □□□ 2□

**1-2**

**Brush R forward, Step R to the right**

□□□□□□ , □□□□

**3&4**

**Hip bumps L, R, L □□ (□ , □ , □ )**

**5&6**

**Cross step R behind L, step L side,**

**step R to right side**

□□□□□□□□□□ , □□□□□□ , □□□□

**7&8**

**Cross step L behind R, step R side,**

**step L to left side**

□□□□□□□□ , □□□□ , □□□□

□□□

**Step-1/2 turn, shuffle fwd, step -1/2 turn,**

**shuffle fwd**

□

**mso-font-kerning:0pt">-□ 1/2,**

**mso-font-kerning:0pt">□□□□ , □ -□ 1/2,**

**mso-font-kerning:0pt">□□□□**

**1-2**

**Step forward on R, pivot 1/2 turn L**

□□□□ , □□ 180□

**3&4**

**Shuffle forward on R, L, R □□□□ (□ , □ , □ )**

**5-6**

**Step forward on L, Pivot 1/2 turn R**

□□□□ , □□ 180□

**7&8**

**Shuffle forward on L, R, L (3 o'clock)**

□□□□ (□ , □ , □ ) (3□□ )