

# LineDance Entertainment

Hurts So Bad by Tina Subia (USA) - March 2026 - 32 Count, 2 Wall, Beginner Dance

#16 count into - No Tags, No Restarts

**(1-8) Shuffle forward R,L,R; Rock L forward, Recover R, shuffle back L,R,L; Rock back R, Recover L**

1&2(1) R foot forward, (&) Left foot behind R foot,(2) R foot forward

3-4(3) Rock forward on L foot, (4) transfer weight back onto R foot

5&6(5) L foot back, (&) R foot in front of L foot, (6) L foot back

7-8(7) Rock back on R foot, (8) transfer weight back onto L foot

**(9-16) Walk Forward R,L,R, kick; walk back L,R; Coaster Step**

1-3(1) Walk forward on R foot, (2) forward on L foot, (3) forward on R foot

4(4) Kick left foot forward in front of you

5-6(5) Step back on L foot, (6) Step back on R foot

7&8(7) Step back on L foot, (&) bring right foot next to L foot, (8) step forward on L foot

**(17-24) R Side Rock, Recover; Behind side Cross; L Side Rock, Recover; Behind side Cross**

1-2(1) Step R foot out to the R side, (2) transfer weight to L foot

3&4(3) Step R foot behind L foot, (&) step L foot to L side, (4) cross R foot over L foot

5-6(5) Step L foot out to the L side, (6) transfer weight to R foot

7&8(7) Step L foot behind R foot, (&) step R foot to R side, (8) cross L foot over R foot

**(25-32) 1/4 Pivot; 1/4 Pivot; Heel Switches, Heel Swivel**

1-2(1) Step R foot forward, (2) Pivot 1/4 over your L shoulder

3-4(3) Step R foot forward, (4) Pivot 1/4 over your L shoulder

5&6&(5) Tap R heel forward, (&) Step R foot together next to L foot, (6) Tap L heel forward, (&) Step L foot together next to R foot

7&8(7) Step R foot forward, (&) Swivel both heels out to the R, (8) Swivel both heels back to the center

**REPEAT and Have Fun!**