

Don't Hurt

Count: 64

Wall: 2

Level: Intermediate

Choreographer: Karl-Harry Winson and Kate Sala (UK) January 2020

Music: Hurt by Louise (Single) (3.16)



“Dedicated to the memory and legacy of our dear friend Robbie McGowan Hickie”

Intro: 16 Counts - Music available from amazon.co.uk – play.com – iTunes.

Forward Rock. Triple Full Turn. Forward Rock. Shuffle 1/2 Turn Left.

1 – 2 Rock Right forward. Recover weight on Left.
3&4 Triple full turn Right stepping: Right, Left, Right.
5 – 6 Rock forward on Left. Recover weight on Right.
7&8 Shuffle 1/2 turn Left stepping: Left, Right, Left. 6 o'clock

Cross. Side. Sailor 1/4 Turn Right. Full Turn Right. Left Mambo Step.

1 – 2 Cross Right over Left. Step Left to Left side.
3&4 Cross Right behind Left turning 1/4 Right. Step Left beside Right. Step Right forward. 9 o'clock
5 – 6 Turn 1/2 Right stepping Left back. Turn 1/2 Right stepping Right forward. 9 o'clock
7&8 Rock forward on Left. Recover weight on Right. Step back on Left.

Walk Back X2 (with toe fans). Right Coaster Step. Left Cross Rock. Left Scissor Step.

1 – 2 Walk back on Right (fanning Left toes out). Walk back on Left (fanning Right toes out).
3&4 Step Right back. Step Left beside Right. Step Right forward.
5 – 6 Cross rock Left over Right. Recover weight on Right.
7&8 Step Left to Left side. Close Right beside Left. Cross step Left over Right.

Chasse Right. 1/4 Turn Chasse Left. Cross Rock. Ball Cross. Right Scuff.

1&2 Step Right to Right side. Close Left beside Right. Step Right to Right side.
3&4 Turn 1/4 Left stepping Left to Left side. Close Right beside Left. Step Left to Left side. 6 o'clock
5 – 6 Cross rock Right over Left. Recover weight on Left.
&7,8 Step Right beside Left. Cross step Left over Right. Scuff Right beside Left (slightly sweep around Left).

*Restart Here on Wall 5 facing 6 o'clock.

Cross. Side. Sailor 1/4 Heel. Ball-Step. 1/4 Turn Left. Sailor 1/4 Heel.

1 – 2 Cross Right over Left. Step Left to left side.
3&4 Turn 1/4 Right stepping Right back. Step Left beside Right. Dig Right heel forward. 9 o'clock
&5,6 Step Right beside Left. Step Left forward. Turn 1/4 Left stepping Right to Right side. 6 o'clock
7&8 Turn 1/4 Left stepping Left back. Step Right beside Left. Dig Left heel forward. 3 o'clock

(&) Right Forward Rock. Ball-Step. Back Step. Left Back Rock. Ball-Step. Forward Step.

&1,2 Step Left beside Right. Rock forward on Right. Recover weight on Left.
&3,4 Step Right beside Left. Step Left back. Step back on Right.
5 – 6 Rock back on Left. Recover weight on Right.
&7,8 Step Left beside Right. Step forward on Right. Step Left forward. 3 o'clock

Forward Rock. Right Full Turn Back. Right Back Rock. Right Kick Ball-Step.

1 – 2 Rock Right forward. Recover on Left.
3 – 4 Turn 1/2 Right stepping forward on Right. Turn 1/2 Right stepping back on to Left. 3 o'clock
5 – 6 Rock back on Right. Recover on Left.
7&8 Kick Right forward. Step Right beside Left. Step Left forward.

Cross. Touch. Left Samba Step. Jazz Box 1/4 Turn Right.

1 – 2 Cross Right over Left. Touch Left toe out to Left side.
3&4 Cross Left over Right stepping slightly forward. Rock Right to Right side. Recover on Left.
5 – 8 Cross Right over Left. Turn 1/4 Right stepping Left back. Step Right to Right side. Step forward on Left. 6 o'clock

* Restart: On Wall 5, dance 32 Counts and restart the dance facing 6 o'clock Wall.