



Approved by:

# It Hurts

## 4 WALL - 48 COUNTS - IMPROVER

STEPS	ACTUAL FOOTWORK	CALLING SUGGESTION	DIRECTION
<b>Section 1</b> 1 - 2 3 & 4 5 - 6 7 & 8	<b>Toe Touches, Sailor Step, Step, Pivot 1/2, Forward Shuffle</b> Touch right toe forward. Touch right toe to right side. Cross step right behind left. Step left to left side. Step right to place. Step left forward. Pivot 1/2 turn right. Step left forward. Close right beside left. Step left forward. (6:00)	Touch Touch Right Sailor Step Turn Left Shuffle	On the spot Turning right Forward
<b>Section 2</b> 1 - 2 3 & 4 5 - 6 7 & 8 <b>Restart</b>	<b>Toe Touches, Sailor Step, Forward Rock, 1/4 Turn Chasse</b> Touch right toe forward. Touch right toe to right side. Cross step right behind left. Step left to left side. Step right to place. Rock forward on left. Recover back onto right. Making 1/4 turn left step left to left side. Close right beside left. Step left to side. <b>Wall 3 (facing 9:00):</b> Restart dance from the beginning at this point.	Touch Touch Sailor Right Forward Rock Chasse Turn	On the spot Turning left
<b>Section 3</b> 1 - 2 3 - 4 5 - 6 7 & 8	<b>Cross, Point (x 2) Touch, 1/2 Unwind, Forward Shuffle</b> Cross right over left. Point left to left side. (3:00) Cross left over right. Point right to right side. Touch right toe behind left. Unwind 1/2 turn right (weight ending on right). Step left forward. Close right beside left. Step left forward. (9:00)	Cross Point Cross Point Touch Unwind Left Shuffle	On the spot Turning right Forward
<b>Section 4</b> 1 & 2 3 & 4 5 - 6 7 & 8	<b>Kick Ball Touch x 2, Touch, 1/2 Unwind, Forward Shuffle</b> Kick right forward. Step right beside left. Touch left to left side. Kick left forward. Step left beside right. Touch right to right side. Touch right toe behind left. Unwind 1/2 turn right (weight ending on right). Step left forward. Close right beside left. Step left forward. (3:00)	Kick Ball Touch Kick Ball Touch Touch Unwind Left Shuffle	On the spot Turning right Forward
<b>Section 5</b> 1 - 2 3 & 4 5 & 6 7 & 8	<b>Brush, Step, Hip Bumps, Sailor Step x 2</b> Brush right forward. Step right to right side. Bump hips left. Bump hips right. Bump hips left. Cross step right behind left. Step left to left side. Step right to place. Cross step left behind right. Step right to right side. Step left to place.	Brush Step Hip Bumps Right Sailor Left Sailor	On the spot
<b>Section 6</b> 1 - 2 3 & 4 5 - 6 7 & 8	<b>Step, Pivot 1/2, Forward Shuffle (x 2)</b> Step right forward. Pivot 1/2 turn left. Step right forward. Close left beside right. Step right forward. Step left forward. Pivot 1/2 turn right. Step left forward. Close right beside left. Step left forward. (3:00)	Step Turn Right Shuffle Step Turn Left Shuffle	Turning left Forward Turning right Forward

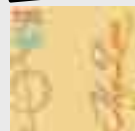
**Choreographed by:** Kathy Chang and Sue Hsu (USA) February 2008

**Choreographed to:** 'It Hurts' by Lena Philipsson from CD Eurovision Song contest  
(16 count intro from heavy beat)

**Restart:** There is one Restart during Wall 3 at the end of section 2.



A video clip of this dance is available at [www.linedancermagazine.com](http://www.linedancermagazine.com)



Music available on My Love CD available from [www.linedancermagazine.com](http://www.linedancermagazine.com) or call 01704 392300