

# Hurts So Bad

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**Count:** 32      **Wall:** 2      **Level:** Beginner

**Choreographer:** Tina Subia (USA) - March 2026

**Music:** Be Her - Ella Langley

## #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!**