

# Hurting Heart

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**Count:** 32      **Wall:** 4      **Level:** Beginner

**Choreographer:** Niels Poulsen and Anna Korsgaard (Sept 2013)

**Music:** You got away by Ann Tayler. [3:02 - iTunes]

**OBS! No Tags - no Restarts! This dance is a floor-split to my own improver dance 'You got away'.**

**Intro: 16 count intro (app. 6 secs. into track). Start with weight on L foot**

**[1 - 8] Fwd R, tap L behind, back L, kick R fwd, back R, touch & clap, back L, touch & clap**

- 1 - 4      Step R fwd (1) tap L behind R (2), step back on L (3), kick R fwd (4) 12:00
- 5 - 8      Step back on R (5), touch L next to R and clap (6), step back on L (7), touch R next to L and clap (8) 12:00

**[9 - 16] R coaster step, hold, run LRL fwd, hold**

- 1 - 4      Step back on R (1), step L next to R (2), step fwd on R (3), hold (4) 12:00
- 5 - 8      Run fwd on L (5), run fwd on R (6), run fwd on L (7), hold (8) 12:00

**[17 - 24] R mambo step, hold, L mambo step, hold**

- 1 - 4      Rock fwd on R (1), recover weight back on L (2), step back on R (3), hold (4) 12:00
- 5 - 8      Rock back on L (5), recover weight fwd to R (6), step fwd on L (7), hold (8) 12:00

**[25 - 32] Step ¼ L, cross, hold, stomp L, swivel heel toe heel next to L**

- 1 - 4      Step fwd on R (1), turn ¼ L stepping onto L (2), cross R over L (3), hold (4) 9:00
- 5 - 8      Stomp L to L side (5), swivel R heel L (6), swivel R toes L (7), swivel R heel L (8) - weight L 9:00

**Start again... and enjoy!**

**Ending Start wall 16, facing 3:00, and do up to count 12 (R coaster step, Hold). Just turn ¼ L onto L foot on count 5. You're now facing 12:00. Tadaahhh!? 12:00**

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