

HELL IT HURTS

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Count: 32

Wall: 4

Level: intermediate

Choreographer: William Sevone

Music: And It Hurts by Heather Myles

SIDE ROCK, ROCK, $\frac{1}{4}$ RIGHT TRIPLE STEP, CROSS ROCK, ROCK, $\frac{1}{4}$ LEFT TRIPLE STEP, (12:00)

1-2 Rock right foot to right side, rock onto left foot

3&4(On the spot) turn $\frac{1}{4}$ right & triple step right-left-right

5-6 Cross rock left foot over right, rock onto right foot

7&8(On the spot) turn $\frac{1}{4}$ left & triple step left-right-left

ROCK FORWARD, ROCK, $\frac{1}{2}$ RIGHT FORWARD SHUFFLE, ROCK FORWARD, ROCK, FULL TURN LEFT TRIPLE STEP, (6:00)

9-10 Rock forward onto right foot, rock onto left foot

11&12 Turn $\frac{1}{2}$ right & step forward onto right foot, close left foot next to right, step forward onto right foot

13-14 Rock forward onto left, rock onto right foot

15&16(On the spot) triple step full turn left stepping left-right-left

SCUFF FORWARD, $\frac{1}{4}$ LEFT STEP FORWARD, $\frac{1}{2}$ LEFT COASTER STEP, CROSS TOUCH, SIDE TOUCH, TOGETHER-CROSS-SIDE STEP, (9:00)

17-18 Scuff right foot forward, turn $\frac{1}{4}$ left & step forward onto right foot

19&20 Turn $\frac{1}{2}$ left & step backward onto left foot, step right foot next to left, step forward onto left foot

21-22 Cross touch right toe over left foot, touch right toe to right side

&23-24 Step right foot next to left, cross step left foot over right, rock/step right foot to right side

CROSS TOUCH, SIDE TOUCH, TOGETHER-CROSS-SIDE STEP, CROSS TOUCH, $\frac{1}{4}$ RIGHT STEP FORWARD, $\frac{1}{4}$ RIGHT CHASSE LEFT, (3:00)

25-26 Cross touch left toe over right foot, touch left toe to left side

&27-28 Step left foot next to right, cross step right foot over left, rock/step left foot to left side

29-30 Cross touch right toe over left foot, turn $\frac{1}{4}$ right & step forward onto right foot

31&32 Turn $\frac{1}{4}$ right & step left foot to left side, step right foot next to left, step left foot to left side

REPEAT

DANCE FINISH

The dance will finish on count 32 of the 12th wall facing 3:00 during the final fade out of the music. To add a 'flourish', as you perform count 32 'turn upper body & head left-with left hand on hat brim & right hand on right hip'