

# Hurting Heart

**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**

**Contact: niels@love-to-dance.dk - www.love-to-dance.dk**