

# Don't Hurt

Count: 64

Wall: 2

Level: Intermediate

Choreographer: Karl-Harry Winson (UK) & Kate Sala (UK) - January 2020

Music: Hurt - Louise : (Single)

“Dedicated to the memory and legacy of our dear friend Robbie McGowan Hickie”

Intro: 16 Counts - Music available from [amazon.co.uk](http://amazon.co.uk) – [play.com](http://play.com) – iTunes.

**Forward Rock. Triple Full Turn. Forward Rock. Shuffle 1/2 Turn Left.**

1 – 2 Rock Right forward. Recover weight on Left.  
3&4 Triple full turn Right stepping: Right, Left, Right.  
5 – 6 Rock forward on Left. Recover weight on Right.  
7&8 Shuffle 1/2 turn Left stepping: Left, Right, Left. 6 o'clock

**Cross. Side. Sailor 1/4 Turn Right. Full Turn Right. Left Mambo Step.**

1 – 2 Cross Right over Left. Step Left to Left side.  
3&4 Cross Right behind Left turning 1/4 Right. Step Left beside Right. Step Right forward. 9 o'clock  
5 – 6 Turn 1/2 Right stepping Left back. Turn 1/2 Right stepping Right forward. 9 o'clock  
7&8 Rock forward on Left. Recover weight on Right. Step back on Left.

**Walk Back X2 (with toe fans). Right Coaster Step. Left Cross Rock. Left Scissor Step.**

1 – 2 Walk back on Right (fanning Left toes out). Walk back on Left (fanning Right toes out).  
3&4 Step Right back. Step Left beside Right. Step Right forward.  
5 – 6 Cross rock Left over Right. Recover weight on Right.  
7&8 Step Left to Left side. Close Right beside Left. Cross step Left over Right.

**Chasse Right. 1/4 Turn Chasse Left. Cross Rock. Ball Cross. Right Scuff.**

1&2 Step Right to Right side. Close Left beside Right. Step Right to Right side.  
3&4 Turn 1/4 Left stepping Left to Left side. Close Right beside Left. Step Left to Left side. 6 o'clock  
5 – 6 Cross rock Right over Left. Recover weight on Left.  
&7,8 Step Right beside Left. Cross step Left over Right. Scuff Right beside Left (slightly sweep around Left).

\*Restart Here on Wall 5 facing 6 o'clock.

**Cross. Side. Sailor 1/4 Heel. Ball-Step. 1/4 Turn Left. Sailor 1/4 Heel.**

1 – 2 Cross Right over Left. Step Left to left side.  
3&4 Turn 1/4 Right stepping Right back. Step Left beside Right. Dig Right heel forward. 9 o'clock  
&5,6 Step Right beside Left. Step Left forward. Turn 1/4 Left stepping Right to Right side. 6 o'clock  
7&8 Turn 1/4 Left stepping Left back. Step Right beside Left. Dig Left heel forward. 3 o'clock

**(&) Right Forward Rock. Ball-Step. Back Step. Left Back Rock. Ball-Step. Forward Step.**

&1,2 Step Left beside Right. Rock forward on Right. Recover weight on Left.  
&3,4 Step Right beside Left. Step Left back. Step back on Right.  
5 – 6 Rock back on Left. Recover weight on Right.  
&7,8 Step Left beside Right. Step forward on Right. Step Left forward. 3 o'clock

**Forward Rock. Right Full Turn Back. Right Back Rock. Right Kick Ball-Step.**

1 – 2 Rock Right forward. Recover on Left.  
3 – 4 Turn 1/2 Right stepping forward on Right. Turn 1/2 Right stepping back on to Left. 3 o'clock  
5 – 6 Rock back on Right. Recover on Left.  
7&8 Kick Right forward. Step Right beside Left. Step Left forward.

**Cross. Touch. Left Samba Step. Jazz Box 1/4 Turn Right.**

1 – 2 Cross Right over Left. Touch Left toe out to Left side.  
3&4 Cross Left over Right stepping slightly forward. Rock Right to Right side. Recover on Left.  
5 – 8 Cross Right over Left. Turn 1/4 Right stepping Left back. Step Right to Right side. Step forward on Left. 6 o'clock

\* Restart: On Wall 5, dance 32 Counts and restart the dance facing 6 o'clock Wall.