

# Hurts My Soul

Choreographer: Niels Poulsen

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Type: 32 counts, 2 walls, high intermediate rolling 8  
 Music: **Walk Away** by *Christina Aguilera*. Download track from iTunes.  
 Intro: Start after 16 counts, app. 19 secs. into track. *Start with weight on L foot, facing 12:00*  
 1 bridge: During wall 2, after 16 counts, facing 9:00. See description at bottom of sheet  
 1 tag: After wall 4, facing 6:00. See description at bottom of sheet  
 NOTE: The track is almost 6 mins long! **Contact me for my own CUT version** or fade out at 4.50 mins

Counts	Footwork	End facing
<b>1 – 8</b>	<b>½ L sweep, L sailor, behind ¼ fwd, ¼ L sweep, weave, L slide, fwd sweep, jazz ½ L</b>	
1	Turn ½ L stepping back on R sweeping L slowly to L side (1)	6:00
2&a	Cross L behind R (2), step R to R side (&), step L to L side (a)	6:00
3&a	Cross R behind L (3), turn ¼ L stepping L fwd (&), step R fwd (a)	3:00
4	Turn ¼ L stepping L fwd sweeping R fwd (4)	12:00
5&a	Cross R over L (5), step L to L side (&), cross R behind L (a)	12:00
6 – 7	Step L to L side sliding R next to L (6), step R fwd sweeping L fwd (7)	12:00
8&a	Cross L over R (8), turn ¼ L stepping R back (&) turn ¼ L stepping L fwd (a)	6:00
<b>9 – 16</b>	<b>½ kick, ¾ L, R fwd, L kick fwd, back LRL, back side rock X 2, back hook, fwd L, ½ L</b>	
1	Turn ½ L stepping back on R lifting L leg up into a kick starting to swing it to L side (1)	12:00
2&a3	Turn ¼ L stepping L to L side (2), turn ¼ L stepping R fwd (&), turn ¼ L stepping L fwd (a), step R fwd kicking L slowly fwd (3)	3:00
4&a	Run back L (4), run back R (&), run back L (a)	3:00
5&a	Step back on R (5), rock L to L side (&), recover on R (a) ... <i>Note: travelling backwards</i>	3:00
6&a	Step back on L (6), rock R to R side (&), recover on L (a) ... <i>Note: travelling backwards</i>	3:00
7 – 8a	Step back on R hooking L over R (7), step L fwd (8), turn ½ L stepping back on R (a)	9:00
<b>17 – 24</b>	<b>½ L fwd with R sweep, ½ of a diamond, step slide L&amp;R, ¼ L dip, full turn R</b>	
1	Turn ½ L stepping L fwd sweeping R fwd (1) ... <b>* Bridge comes here during wall 2</b>	3:00
2&a	Cross R over L (2), step L to L side (&), turn 1/8 R stepping R backwards (a)	4:30
3&a	Step back on L (3), turn 1/8 R stepping R to R side (&), turn 1/8 R stepping L fwd (a)	7:30
4&a	Step R fwd (4), turn 1/8 R stepping L to L side (&), cross R behind L (a)	9:00
5 – 6	Step L to L side sliding R towards L (5), step R to R side sliding L towards R (6)	9:00
7 – 8a	Turn ¼ L stepping L fwd bringing R knee next to L knee and dipping slightly in knees (7), turn ½ R changing weight to R (8), turn ½ R stepping back on L (a)	6:00
<b>25 – 32</b>	<b>½ R sweep, L weave, R&amp;L balance steps, fwd R, L hitch, back LR, ½ L, step ½ L X 2</b>	
1	Turn ½ R stepping R fwd sweeping L slowly fwd (1)	12:00
2&a	Cross L over R (2), step R to R side (&), cross L behind R (a)	12:00
3&a	Step R to R side (3), rock back on L (&), recover on R (a)	12:00
4&a	Step L to L side (4), rock back on R (&), recover on L (a)	12:00
5	Step R fwd hitching L knee (5)	12:00
6&a	Step back on L (6), step back on R (&), turn ½ L stepping L fwd (a)	6:00
7a – 8a	Step R fwd (7), turn ½ L stepping onto L (a), step R fwd (8), turn ½ L stepping onto L (a)	6:00
<b>Begin again</b> 😊 😊 😊		
<b>Bridge</b>	Only 2 counts! Comes during wall 2, after 17 counts, facing 9:00: <b>Fwd RL with sweeps</b>	
1 – 2	Step R fwd sweeping L fwd (1), repeat with L foot (2) ... <i>Now continue with the diamond!</i>	9:00
<b>Tag</b>	Only 2 counts! After wall 4, facing 12:00: <b>½ L back R, sweep L, back L, sweep R</b>	
1 – 2	Turn ½ L stepping R back sweeping L to L side (1), step L back sweeping R to R side (2) ... Then RESTART but do NOT turn ½ L – just step back on R sweeping L to L side 😊	6:00
<b>Ending</b>	<b>Use the cut version of the song!</b> Finish wall 7, now facing 6:00. Start the dance again doing the ½ turn (1), then step back on L (2) ... now facing 12:00 again 😊	12:00