

THE J.L. STOMPERS'

Line Dance Steps



It Hurts

TYPE: 4 Wall Line Dance
DIFFICULTY: Improver
COUNT: 48
CHOREOGRAPHER: Katy Chang and Sue Hsu

MUSIC SUGGESTIONS

'It Hurts' by **Lena Philipsson**

Face front, weight on Left foot.

TOE TOUCHES, SAILOR STEP, STEP ½ PIVOT TURN, FORWARD SHUFFLE

1 - 2 Touch Right foot forward. Touch Right foot to Right side.
3 & 4 Step Right foot behind Left. Step Left foot to Left side. Step Right foot in place.
5 - 6 Step forward on Left foot. ½ Pivot turn Right.
7 & 8 Step forward on Left foot. Step Right foot beside Left.
Step forward on Left foot. (6.00)

TOE TOUCHES, SAILOR STEP, FORWARD ROCK STEP, ¼ TURN CHASSE

1 - 2 Touch Right foot forward. Touch Right foot to Right side.
3 & 4 Step Right foot behind Left. Step Left foot to Left side. Step Right foot in place.
5 - 6 Step forward on Left foot. Recover back onto Right foot.
7 & 8 Making ¼ turn let, step Left foot to Left side. Step Right foot beside Left.
Step Left foot to Left side.

Restart Wall 3 (facing 9.00)

Restart dance from the beginning at this point.

CROSS, POINT X 2, TOUCH BEHIND, ½ TURN UNWIND, FORWARD SHUFFLE

1 - 2 Step Right foot across over Left. Point Left foot to Left side. (3.00)
3 - 4 Step Left foot across over Right. Point Right foot to Right side.
5 - 6 Touch Right foot behind Left. Unwind ½ turn. (*Weight ending on Right foot.*)
7 & 8 Step forward on Left foot. Step Right foot beside Left.
Step forward on Left foot. (9.00)

KICK BALL TOUCH X 2, TOUCH ½ UNWIND, FORWARD SHUFFLE

1 & 2 Kick Right foot forward. Step Right foot beside Left. Touch Left foot to Left side.
3 & 4 Kick Left foot forward. Step Left foot beside Right. Touch Right foot to Right side.
5 - 6 Touch Right foot behind Left. Unwind ½ turn. (*Weight ending on Right foot.*)
7 & 8 Step forward on Left foot. Step Right foot beside Left.
Step forward on Left foot. (3.00)

/MORE OVER➔

'THE J.L. STOMPERS'

Line Dance Steps



It Hurts (cont.)

BRUSH, STEP, HIP BUMPS, SAILOR STEP X 2


- 1 - 2 Brush Right foot forward. Step Right foot to Right side.
3 & 4 Bump hips, Left. Bump hips Right. Bump hips Left.
5 & 6 Step Right foot behind Left. Step Left foot to Left side. Step Right foot in place.
7 & 8 Step Left foot behind Right. Step Right foot to Right side.
 Step Left foot in place.

STEP ½ PIVOT TURN, FORWARD SHUFFLE X 2

- 1 - 2 Step forward on Right foot. ½ Pivot turn Left.
3 & 4 Step forward on Right foot. Step Left foot beside Right.
 Step forward on Right foot.
5 - 6 Step forward on Left foot. ½ Pivot turn Right.
7 & 8 Step forward on Left foot. Step Right foot beside Left.
 Step forward on Left foot. (3.00)

REPEAT.

Restart: There is one Restart during Wall 3 at the end of section 2.



LINE DANCE CLASS
WITH
"THE J.L. STOMPERS"
Come and Join
The FUN Class!

Place: St. Edmund Campion School Hall
Altwood Road, Maidenhead
Time: Every Monday from 7.15 to 9.45 p.m.
★ *First half hour especially for Beginners* ★
Price: £4.00 per session
Info: Jennifer on 01628 635305