

**Hurts**

64 Count, 2 Wall, Intermediate  
Choreographer: Maggie Gallagher (UK) Oct 2016  
Choreographed to: Hurts by Emeli Sande.  
Album Long Live The Angels (Deluxe)

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| <b>Intro:</b>    | <b>32 counts (18 secs)</b>   |
| <b>Section 1</b> | <b>Fwd Touch Back &amp; Back, Back, ½ L, Step, ½ Pivot</b>   |
| 1&2              | On slight right diagonal step forward on right, Touch left next to right, Step back on left [1:30]                               |
| &3-4             | Step back on ball of right, Step back on left, Walk back on right  |
| 5-6-7            | ½ left stepping forward on left, Step forward on right, ½ pivot left   |
| <b>Section 2</b> | <b>Side Together Fwd, Side, Behind Side Cross, Press, Hitch, Behind Side Cross</b>   |
| 8&1              | ¼ left stepping right to right side, Step left next to right, Step forward right [12:00]   |
| 2                | Long step to left side dragging right to meet left   |
| 3&4              | Cross right behind left, Step left to left side, Cross right over left   |
| 5-6              | Press forward on left to slight diagonal, Recover on right hitching left   |
| 7&8              | Cross left behind right, Step right to right side, Cross left over right   |
| <b>Section 3</b> | <b>Side Touch Bump, Bump, ¼ L, Step, ½ Pivot, Step</b>   |
| 1&2              | Step right to right side, Touch left next to right, Step left to left side bumping hips left                                     |
| 3-4              | Bump hips right turning body to right, ¼ left stepping forward on left [9:00]  |
| 5-6-7            | Step forward on right, ½ pivot left, Step forward on right [3:00]  |
| <b>Section 4</b> | <b>Triple Full Turn, Kick Ball Change, ¼ Bump Rlr, ¼, ¼, Touch</b>   |
| 8&1              | Full triple turn right stepping LRL  |
| 2&3              | Kick forward on right, Step right next to left, Step left next to right  |
| 4&5              | ¼ left stepping right to right side bumping hips to right, Bump hips left, Bump hips right [12:00]                               |
| 6-7-8            | ¼ left stepping forward on left, ¼ left stepping right to right side, Touch left next to right [6:00]<br><b>* Restart Wall 3</b> |
| <b>Section 5</b> | <b>&amp; Heel &amp; Cross Side Heel &amp; Cross, Back, ¼ R, Step Lock Step</b>   |
| &1&2             | Step back on left, Tap right heel forward on right diagonal, Step right next to left, Cross left over right                      |
| &3&4             | Step right to right side, Tap left heel forward on left diagonal, Step left next to right, Cross right over left                 |
| 5-6              | Step back on left pushing bottom back, ¼ right stepping right to right side [9:00]   |
| 7&8              | Step forward on left, Lock right behind left, Step forward on left   |
| <b>Section 6</b> | <b>Bump Fwd RLR, Swivel, Swivel, Bump Fwd LRL, Swivel, Swivel</b>  |
| 1&2              | Step forward on right bumping hips forward, Bump hips back, Bump hips forward  |
| 3-4              | Swivel body ½ left, Swivel body ½ right  |
| 5&6              | Step forward on left bumping hips forward, Bump hips back, Bump hips forward   |
| 7-8              | Swivel body ½ right, Swivel body back ½ left   |
| <b>Section 7</b> | <b>¼ L, Rock Back Side, Rock Back Walk, Walk, Anchor Step</b>  |
| 1-2&             | ¼ left stepping right to right side, Rock back on left, Recover on right [6:00]  |
| 3-4&             | Step left to left side, Rock back on right, Recover on left  |
| 5-6              | Walk forward on right, Walk forward on left  |
| 7&8              | Cross right behind left, Step weight on left, Step back on right   |
| <b>Section 8</b> | <b>½, ½, Coaster &amp; Walk, Walk, Step Lock Step</b>  |
| 1-2              | ½ left stepping forward on left, ½ left stepping back on right [6:00]  |
| 3&4              | Step back on left, Step right next to left, Step forward on left   |
| &5-6             | Step right next to left, Walk forward on left, Walk forward on right   |
| 7&8              | Step forward on left, Lock right behind left, Step forward on left   |
| <b>*Restart:</b> | <b>Wall 3 after 32 counts [6:00]<br/>Dance to end of S4 then step down on left foot (count &amp;) and restart the dance</b>      |
| <b>Ending:</b>   | <b>Dance up to S4 count 1-5 and replace 6-7-8 with a rolling vine to the left to finish at 12:00</b>                             |

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