

## And It Hurts

64 count, 2 wall, intermediate level

Choreographer: John Sharman (England) April 2005

Choreographed to: And It Hurts by Heather Myles,

CD: Untamed and Rum & Rodeo (132 bpm)

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24 count intro. Start on vocals.

### **TOUCH, KICK, SHUFFLE BACK, TOUCH, KICK, SHUFFLE BACK.**

- 1 2 Touch right toe across left, kick right foot forward,  
3&4 Shuffle back on right, left, right,  
5 6 Touch right toe across left, kick right foot forward,  
7&8 Shuffle back on right, left, right,

### **SHUFFLE FWD x 2, STEP HALF TURN, STEP QTR TURN.**

- 9&10 Shuffle forward on right, left, right,  
11&12 Shuffle forward on left, right, left,  
13 14 Step forward right, pivot a half turn left,  
15 16 Step forward right, pivot a quarter turn left,

REPEAT FIRST 16 COUNTS.

- 17 32 REPEAT FIRST 16 COUNTS,

### **SIDE, HOLD, SAILOR HEEL, AND CROSS, HOLD, AND HEEL, HOLD.**

- 33 34 Rock right to right side, hold for one beat,  
35&36 Step left behind right, step on right beside left, touch left heel diagonally left,  
&37 38 Step on left beside right, step on right over left, hold for one beat,  
&39 40 Step on left slightly to left side, touch right heel diagonally forward right, hold for one beat,

### **AND, CROSS SHUFFLE, QTR LEFT, HALF LEFT, STEP PIVOT TURN, SHUFFLE FORWARD.**

- &41&42 Step on right beside left, cross left over right, step right to right side, cross left over right,  
43 44 Quarter turn left stepping back on right, half turn left stepping forward on left,  
45 46 Step forward on right, pivot a half turn left,  
47&48 Right shuffle forward, (alt triple full turn)

### **STEP, HOLD, TURN, HOLD, LEFT & RIGHT SAILOR STEPS.**

- 49 50 Step forward left, hold for one beat,  
51 52 Pivot quarter turn right, hold for one beat,  
53&54 Step left behind right, step right beside left, step left slightly forward,  
55&56 Step right behind left, step left beside right, step right slightly forward,

### **BEHIND, UNWIND, STEP, TURN, ROCK, RECOVER COASTER STEP.**

- 57 58 Touch left toes back, unwind a half turn,  
59 60 Step forward right, pivot a half turn left hitching left knee,  
61 62 Rock forward left, recover on right,  
63&64 Step back left, step right beside left, step forward left.
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