

Not Hurt Anymore

32 count, 4 wall, beginner/intermediate level
Choreographer: Jos Slijpen (NL) June 2006
Choreographed to: I Don't Hurt Anymore by Martina
McBride, CD: Timeless (96 bpm)

Intro: 16 counts

CROSS STEP, SWEEP, CROSS STEP, SWEEP, PIVOT ½ TURN RIGHT, ½ TURN RIGHT, BACK RIGHT

- 1-2 Cross step Left over Right, sweep Right around in front of Left
- 3-4 Cross step Right over Left, sweep Left around in front of Right
- 5-6 Step forward Left, pivot ½ turn right
- 7-8 Make ½ turn right stepping back on Left, step back Right [12]

BACK LEFT, SWEEP, BEHIND, SWEEP, ROCK BACK LEFT, RECOVER, ¼ TURN RIGHT, BEHIND

- 1-2 Step back Left, sweep Right around behind Left
- 3-4 Step Right behind Left, sweep Left around behind Right
- 5-6 Step back Left, recover weight on Right
- 7-8 Make ¼ turn right stepping Left to left side, step Right behind Left [3]

¼ TURN LEFT, PIVOT ¼ TURN LEFT, CROSS, SIDE STEP LEFT,, BEHIND, ¼ TURN LEFT, FORWARD STEP RIGHT

- 1-2 Make ¼ turn left stepping forward on Left, step forward Right
- 3-4 Pivot ¼ turn left, cross Right over Left
- 5-6 Step Left to left side, step Right behind Left
- 7-8 Make ¼ turn left stepping forward on Left, step forward Right [6]

PIVOT ½ TURN LEFT, ¼ TURN LEFT, BEHIND, ¼ TURN RIGHT, PIVOT ½ TURN RIGHT , PIVOT 1.4 TURN RIGHT

- 1-2 Pivot ½ turn left, make ¼ turn left stepping Right to right side
 - 3-4 Step Left behind Right, make ¼ turn right stepping forward on Right
 - 5-6 Step forward Left, pivot ½ turn Right
 - 7-8 Step forward Left, pivot ¼ turn right [9]
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