

## Hurt Inside

### IMPROVER

32 Count 2 Walls

Choreographed by: LD Crazy

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Choreographed to: I Have Been Lonely by Blake Shelton

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**1 Side. Touch. Kick Ball Cross. Side. Touch. Kick Ball Cross**

1 - 2 Step right to right. Touch left beside right  
3 & 4 Kick left forward. Step left beside right. Cross right over left.  
5 - 6 Step left to left. Touch right beside left  
7 & 8 Kick right forward. Step right beside left. Cross left over right

**2 Step. 1/2 Turn left. Shuffle 1/2 Turn back. Tap unwind 1/2 left. Toes. 1/2 turn left.**

1 - 2 Step forward on right. turn 1/2 left.  
3 & 4 Shuffle 1/2 turn back over left shoulder stepping right, left, right  
5 - 6 Tap left toes back. Unwind 1/2 left.  
7 - 8 Touch right toes forward. Unwind 1/2 left

**3 Back Rock. Forward Full Spiral Turn. Forward Shuffle. Forward Rock.**

1 - 2 Rock back on left. Recover onto right.  
3 - 4 Step forward on left spinning a full turn forward over right shoulder  
5 & 6 Step forward on right. Close left beside right. Step forward on right  
7 - 8 Rock forward on left. Recover onto right

**4 Back Lock Step. Tap Unwind 1/2 right. Forward Full Turn. Forward Shuffle**

1 & 2 Step back on left. Lock right in front of left. Step back on left  
3 - 4 Tap right toes back. Unwind 1/2 right  
5 Turn 1/2 over right shoulder stepping back on left  
6 Turn 1/2 over right shoulder stepping forward on right  
7 & 8 Step forward on left. Close right beside left. Step forward on left.

**option on count 7&8 in section 4 Replace the Forward shuffle with a triple full turn stepping R-L-R**