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Hurt

32 Count, 4 Wall, Beginner

Choreographer: Louise Elfvingren (NO) Jan 2017

Choreographed to: Hurt by Bouke

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- Intro:** **Start when he begin singing hurt (4 seconds)**
- Section 1:** **Cross Rock, Coaster Step, Pivot ½ Left, Shuffle Fw**
1-2 Cross left over right, recover back on right
3&4 Step back on left, step right beside left, step forward on left
5-6 Step forward on right, turn ½ left stepping down on left (6)
7&8 Step forward on right, step left beside right, step forward on right
- Section 2:** **Rock Fw, Coaster Step, Rocking Chair**
1-2 Rock forward on left, recover back on right
3&4 Step back on left, step right beside left, step forward on left
5-8 Rock forward on right, recover back on left, rock back on right, recover back on left
- Section 3:** **Step Fw Turn ¼ Left, Chasse Right, Cross Rock, Chasse Left**
1-2 Step right forward, turn ¼ left stepping down on left (3)
3&4 Step right to right, step left beside right, step right to right
5-6 Cross left over right, recover back on right
7&8 Step left to left, step right beside left, step left to left
- Section 4:** **Pivot ½ Left, Shuffle Fw, Rocking Chair**
1-2 Step right forward, turn ½ left stepping down on left (9)
3&4 Step right forward, step left next to right, step right forward
5-8 Rock forward on left, recover back on right, rock back on left, recover back on right
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