



Remember to Vote for your favourite dances in the Linedancer Charts.

SEC 1 SIDE SHUFFLE, CROSS ROCK RECOVER, LINDY SHUFFLE

- 1&2 Step R to right side, step L beside right, step R to right side
3-4 Step L across right, recover R in place
5&6 Step L to left side, step R beside left, step L to left side
7-8 Rock R behind left, recover L in place

SEC 2 ½ TURNING SHUFFLE, ½, ¼, SAILOR ¼ TURN, SKATE SKATE

- 1&2 Step R to right side while turning ¼ to left, step L beside right, step R ¼ back while turning ¼ to left (6:00)
3-4 Make ½ turn left step L forward, make ¼ turn left step R to right side (9:00)
5&6 Sweep/Step L behind right, Step R ¼ turn left to right side, Step L forward (6:00)

Option

- 3-4 Walk L back, Walk R back
5&6 Step L back, step R beside left, step L forward
7-8 Skate R forward, Skate L forward

SEC 3 MAMBO FORWARD, BACK ROCK RECOVER, PIVOT ¼ CROSS, SIDE TOGETHER

- 1&2 Rock R forward, Recover L, Step R next to left
3-4 Rock L back, recover on R
5&6 Step L forward, pivot ¼ turn to the right, step L across right (9:00)
7-8 Big Step R to right side, close L drawing foot next to right

SEC 4 SIDE TOGETHER FORWARD, FORWARD ROCK RECOVER, COASTER CROSS, SWAY, SWAY

- 1&2 Step R to right side, Step L beside right, Step R forward
3-4 Rock L forward, recover on R
5&6 Step L back, step R beside left, step L across right
7-8 Sway R to right side, Sway L to left side

Restart Here on wall 2

SEC 5 CROSS SAMBA, CROSS POINT, CROSS SAMBA, CROSS POINT

- 1&2 Step R across left, Rock ball of L side left, Step R in place
3-4 Step L across right, Point R to side right
5&6 Step R across left, Rock ball of L side left, Step R in place
7-8 Step L across right, Point R to side right

Stop This Hurt
Continues... Page 1 of 2



Stop This Hurt

Continued... Page 2 of 2

SEC 6 SAILOR ¼ TURN, WALK WALK, CHASE ½ TURN, KICK BALL CHANGE

1&2 Sweep/Step R behind left, Step L ¼ turn right to side, Step R forward (12:00)

3-4 Step L forward, Step R forward

5&6 Step L forward, Pivot ½ turn right taking weight on the right, Step L forward (6:00)

7&8 Kick R forward, Rock ball of R back, Step L slightly forward

SEC 7 CROSS, BACK, SHUFFLE ¼, CHASE ½ TURN, FULL TURN

1-2 Step R across left (bending your knees slightly), Step L back

3&4 Step R to right side, step L beside right, step R to right side while turning ¼ to right (9:00)

5&6 Step L forward, Pivot ½ turn to the right taking weight on the right, Step L forward preparing for turn (3:00)

7-8 Make ½ turn left stepping back on R, make ½ turn left stepping forward on L (3:00)

Option Walk R forward, Walk L forward

SEC 8 FORWARD ROCK RECOVER, COASTER CROSS, SIDE BEHIND AND HEEL AND CROSS

1-2 Rock R forward, recover on L

3&4 Step R back, step L beside left, step R across left

5-6 Step L to side, step R behind left

&7&8 Step L back, touch R heel diagonal forward, step R back, step L across right (3:00)

Ending After 40 Counts of Wall 6

TOUCH ½ UNWIND

9-10 Touch R behind left, Unwind ½ turn right taking weight on right

