

# It Hurts

**Count:** 48  
**Wall:** 4  
**Level:** Beginner / Intermediate  
**Choreographer:** Kathy Chang, Sue Hsu (Feb 08)  
**Music:** It Hurts by Lena Philipsson (Album: Eurovision Song Contest)  
**Intro:** 16 counts (From Heavy Beat)

**R toe touches front & side, R sailor step, L fwd, ½ pivot right, L shuffle fwd**

1-2 Touch R toe forward, touch R toe side  
3&4 Cross step R behind L, step L side, step R fwd  
5-6 Step L forward, 1/2 pivot right  
7&8 L fwd shuffle (6 o'clock)

**R toe touches front & side, R sailor step, L fwd rock & recover, 1/4 chasse L**

1-2 Touch R toe forward, touch R toe side  
3&4 Cross step R behind L, step L side, step R fwd  
5-6 Rock L forward, recover weight on R  
7&8 Turning 1/4 left step L side, step R together, step L side (3 o'clock)

**Cross, point, cross, point, touch, 1/2 unwind, L shuffle fwd**

1-2 Cross R over L, point L to L side  
3-4 Cross L over R, point R to R side  
5-6 Touch R toe behind L, ½ R unwind (weight ending up on R)  
7&8 L shuffle fwd (9 o'clock)

**R kick-ball-touch, L kick-ball-touch, touch ½ unwind, L shuffle fwd**

1&2 Kick R fwd, step R beside L, touch L to L side  
3&4 Kick L fwd, step L beside R, touch R to R side  
5-6 Touch R toe behind L, ½ R unwind (weight ending up on R)  
7&8 L shuffle fwd (3 o'clock)

**Brush R fwd, step, hip bumps, sailor x 2**

1-2 Brush R forward, Step R to the right  
3&4 Hip bumps L, R, L  
5&6 Cross step R behind L, step L side, step R to right side  
7&8 Cross step L behind L, step R side, step L to left side

**Step-1/2 turn, shuffle fwd, step -1/2 turn, shuffle fwd**

1-2 Step forward on R, pivot 1/2 turn L  
3&4 Shuffle forward on R, L, R  
5-6 Step forward on L, Pivot 1/2 turn R  
7&8 Shuffle forward on L, R, L (3 o'clock)

RESTART: On wall 3 dance first 16 count then restart the dance (9 o'clock)