



## THE Page

Approved by:

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# It Hurts

### 4 WALL - 48 COUNTS - IMPROVER

| STEPS            | ACTUAL FOOTWORK  | CALLING SUGGESTION | DIRECTION     |
|------------------|--|--------------------|---------------|
| <b>Section 1</b> | <b>Toe Touches, Sailor Step, Step, Pivot 1/2, Forward Shuffle</b>                        |                    |               |
| 1 - 2            | Touch right toe forward. Touch right toe to right side.                                  | Touch Touch        | On the spot   |
| 3 & 4            | Cross step right behind left. Step left to left side. Step right to place.               | Right Sailor       |               |
| 5 - 6            | Step left forward. Pivot 1/2 turn right.   | Step Turn          | Turning right |
| 7 & 8            | Step left forward. Close right beside left. Step left forward. (6:00)                    | Left Shuffle       | Forward       |
| <b>Section 2</b> | <b>Toe Touches, Sailor Step, Forward Rock, 1/4 Turn Chasse</b>                           |                    |               |
| 1 - 2            | Touch right toe forward. Touch right toe to right side.                                  | Touch Touch        | On the spot   |
| 3 & 4            | Cross step right behind left. Step left to left side. Step right to place.               | Sailor Right       |               |
| 5 - 6            | Rock forward on left. Recover back onto right.   | Forward Rock       |               |
| 7 & 8            | Making 1/4 turn left step left to left side. Close right beside left. Step left to side. | Chasse Turn        | Turning left  |
| <b>Restart</b>   | <b>Wall 3</b> (facing 9:00): Restart dance from the beginning at this point.             |                    |               |
| <b>Section 3</b> | <b>Cross, Point (x 2) Touch, 1/2 Unwind, Forward Shuffle</b>                             |                    |               |
| 1 - 2            | Cross right over left. Point left to left side. (3:00)                                   | Cross Point        | On the spot   |
| 3 - 4            | Cross left over right. Point right to right side.  | Cross Point        |               |
| 5 - 6            | Touch right toe behind left. Unwind 1/2 turn right (weight ending on right).             | Touch Unwind       | Turning right |
| 7 & 8            | Step left forward. Close right beside left. Step left forward. (9:00)                    | Left Shuffle       | Forward       |
| <b>Section 4</b> | <b>Kick Ball Touch x 2, Touch, 1/2 Unwind, Forward Shuffle</b>                           |                    |               |
| 1 & 2            | Kick right forward. Step right beside left. Touch left to left side.                     | Kick Ball Touch    | On the spot   |
| 3 & 4            | Kick left forward. Step left beside right. Touch right to right side.                    | Kick Ball Touch    |               |
| 5 - 6            | Touch right toe behind left. Unwind 1/2 turn right (weight ending on right).             | Touch Unwind       | Turning right |
| 7 & 8            | Step left forward. Close right beside left. Step left forward. (3:00)                    | Left Shuffle       | Forward       |
| <b>Section 5</b> | <b>Brush, Step, Hip Bumps, Sailor Step x 2</b>   |                    |               |
| 1 - 2            | Brush right forward. Step right to right side.   | Brush Step         | On the spot   |
| 3 & 4            | Bump hips left. Bump hips right. Bump hips left.   | Hip Bumps          |               |
| 5 & 6            | Cross step right behind left. Step left to left side. Step right to place.               | Right Sailor       |               |
| 7 & 8            | Cross step left behind right. Step right to right side. Step left to place.              | Left Sailor        |               |
| <b>Section 6</b> | <b>Step, Pivot 1/2, Forward Shuffle (x 2)</b>  |                    |               |
| 1 - 2            | Step right forward. Pivot 1/2 turn left.   | Step Turn          | Turning left  |
| 3 & 4            | Step right forward. Close left beside right. Step right forward.                         | Right Shuffle      | Forward       |
| 5 - 6            | Step left forward. Pivot 1/2 turn right.   | Step Turn          | Turning right |
| 7 & 8            | Step left forward. Close right beside left. Step left forward. (3:00)                    | Left Shuffle       | Forward       |

**Choreographed by:** Kathy Chang and Sue Hsu (USA) February 2008

**Choreographed to:** 'It Hurts' by Lena Philipsson from CD Eurovision Song contest  
(16 count intro from heavy beat)

**Restart:** There is one Restart during Wall 3 at the end of section 2.



A video clip of this dance is available at  
www.linedancermagazine.com

Music available on  
**My Love CD** available from  
www.linedancermagazine.com  
or call 01704 392300