

'Hurt Don't Know'

Choreographer **Dee Musk (UK) April 2009**

32 Count 2 Wall Easy Intermediate Smooth Dance deemusk@btinternet.com

Music:- 'Hurt Don't Know When To Quit' – Rissi Palmer – Album – Rissi Palmer.

16 Count Intro. Approx 13 seconds. Approx 76 bpm Dee:- 07814 295470

SIDE BACK ROCK, SIDE, COASTER STEP, RUN RUN, SWAY R SWAY L, TOGETHER CROSS.

- 1,2& Step L to L side, cross rock R behind L, recover weight to L.
- 3 Step R to R side.
- 4&5 Step back on L, close R beside L, step forward on L.
- 6& Run forward R, L.
- 7,8 Sway R, sway L.
- 8& Step R beside L, cross step L over R. **(12 o'clock).**

SIDE, BACK ROCK ¼ TURN L, STEP, STEP ¾ TURN R, BEHIND SIDE.

- 2 Step R to R side.
- 3&4 Cross rock L behind R, recover weight to R, make a ¼ turn L stepping L forward.
- 5 Step forward on R.
- 6&7 Step forward on L, make a ¾ turn R (weight on R), step L to L side.
- 8& Cross step R behind L, step L to L side. **(6 o'clock).**

ROCK RECOVER, SIDE, WEAVE, ROCK RECOVER TOGETHER WALK R, L.

- 1,2& Cross rock R over L, recover weight to L, step R to R side.
- 3&4& Cross step L over R, step R to R side, cross step L behind R, step R to R side.
- 5,6& Cross rock L over R, recover weight to R, step L beside R.
- 7,8 Walk forward R, walk forward L. **(6 o'clock).**

STEP ½ TURN ½ TURN L, SAILOR ¼ TURN L, ROCK RECOVER ½ TURN R, STEP ¾ TURN, SIDE CLOSE.

- 1&2 Step forward on R, make a ½ turn L (weight forward on L), make a further ½ turn L stepping back on R.
- 3&4 Making a ¼ turn L cross step L behind R, step R to R side, step forward on L.
- 5&6 Rock forward on R, recover weight to L, make a ½ turn R stepping forward on R.
- 7& Step forward on L, make a ¾ turn R (weight on R).
- 8& Step L to L side, close R beside L. **(6 o'clock).**

Relax and enjoy Dee xx