

Hurts My Soul



Count: 32

Wall: 2

Level: Intermediate - Rolling 8
count



Choreographer: Niels Poulsen (DK) - March 2023

Music: Walk Away - Christina Aguilera : (iTunes)

Intro: Start after 16 counts, app. 19 secs. into track. Start with weight on L foot, facing 12:00

***1 bridge: During wall 2, after 16 counts, facing 9:00. See description at bottom of sheet**

***1 tag: After wall 4, facing 6:00. See description at bottom of sheet**

NOTE: The track is almost 6 mins long! Contact me for my own CUT version or fade out at 4.50 mins

[1 – 8] ½ L sweep, L sailor, behind ¼ fwd, ¼ L sweep, weave, L slide, fwd sweep, jazz ½ L

- 1 Turn ½ L stepping back on R sweeping L slowly to L side (1) 6:00
- 2&a Cross L behind R (2), step R to R side (&), step L to L side (a) 6:00
- 3&a Cross R behind L (3), turn ¼ L stepping L fwd (&), step R fwd (a) 3:00
- 4 Turn ¼ L stepping L fwd sweeping R fwd (4) 12:00
- 5&a Cross R over L (5), step L to L side (&), cross R behind L (a) 12:00
- 6 – 7 Step L to L side sliding R next to L (6), step R fwd sweeping L fwd (7) 12:00
- 8&a Cross L over R (8), turn ¼ L stepping R back (&) turn ¼ L stepping L fwd (a) 6:00

[9 – 16] ½ kick, ¾ L, R fwd, L kick fwd, back LRL, back side rock X 2, back hook, fwd L, ½ L

- 1 Turn ½ L stepping back on R lifting L leg up into a kick starting to swing it to L side (1) 12:00
- 2&a3 Turn ¼ L stepping L to L side (2), turn ¼ L stepping R fwd (&), turn ¼ L stepping L fwd (a), step R fwd kicking L slowly fwd (3) 3:00
- 4&a Run back L (4), run back R (&), run back L (a) 3:00
- 5&a Step back on R (5), rock L to L side (&), recover on R (a) ... Note: travelling backwards 3:00
- 6&a Step back on L (6), rock R to R side (&), recover on L (a) ... Note: travelling backwards 3:00
- 7 – 8a Step back on R hooking L over R (7), step L fwd (8), turn ½ L stepping back on R (a) 9:00

[17 – 24] ½ L fwd with R sweep, ½ of a diamond, step slide L&R, ¼ L dip, full turn R

- 1 Turn ½ L stepping L fwd sweeping R fwd (1) ... * Bridge comes here during wall 2 3:00
- 2&a Cross R over L (2), step L to L side (&), turn 1/8 R stepping R backwards (a) 4:30
- 3&a Step back on L (3), turn 1/8 R stepping R to R side (&), turn 1/8 R stepping L fwd (a) 7:30
- 4&a Step R fwd (4), turn 1/8 R stepping L to L side (&), cross R behind L (a) 9:00
- 5 – 6 Step L to L side sliding R towards L (5), step R to R side sliding L towards R (6) 9:00
- 7 – 8a Turn ¼ L stepping L fwd bringing R knee next to L knee and dipping slightly in knees (7), turn ½ R changing weight to R (8), turn ½ R stepping back on L (a) 6:00

[25 – 32] ½ R sweep, L weave, R&L balance steps, fwd R, L hitch, back LR, ½ L, step ½ L X 2

- 1 Turn ½ R stepping R fwd sweeping L slowly fwd (1) 12:00
- 2&a Cross L over R (2), step R to R side (&), cross L behind R (a) 12:00
- 3&a Step R to R side (3), rock back on L (&), recover on R (a) 12:00

- 4&a Step L to L side (4), rock back on R (&), recover on L (a) 12:00
 5 Step R fwd hitching L knee (5) 12:00
 6&a Step back on L (6), step back on R (&), turn ½ L stepping L fwd (a) 6:00
 7a – 8a Step R fwd (7), turn ½ L stepping onto L (a), step R fwd (8), turn ½ L stepping onto L (a) 6:00

Begin again ☺ ☺ ☺

Bridge Only 2 counts! Comes during wall 2, after 17 counts, facing 9:00: Fwd RL with sweeps

- 1 – 2 Step R fwd sweeping L fwd (1), repeat with L foot (2) ... Now continue with the diamond! 9:00

Tag Only 2 counts! After wall 4, facing 12:00: ½ L back R, sweep L, back L, sweep R

- 1 – 2 Turn ½ L stepping R back sweeping L to L side (1), step L back sweeping R to R side (2)

... Then RESTART but do NOT turn ½ L – just step back on R sweeping L to L side 6:00

Ending Use the cut version of the song! Finish wall 7, now facing 6:00. Start the dance again doing the ½ turn (1), then step back on L (2) ... now facing 12:00 again
