

# Don't Hurt

COPPER KNOB  
BY CHOREOGRAPHY

**Count:** 64    **Wall:** 2    **Level:** Intermediate

**Choreographer:** Karl-Harry Winson and Kate Sala (UK) January 2020

**Music:** Hurt by Louise (Single) (3.16)



“Dedicated to the memory and legacy of our dear friend Robbie McGowan Hickie”

**Intro: 16 Counts - Music available from [amazon.co.uk](https://www.amazon.co.uk) – [play.com](https://www.play.com) – iTunes.**

## **Forward Rock. Triple Full Turn. Forward Rock. Shuffle 1/2 Turn Left.**

1 – 2            Rock Right forward. Recover weight on Left.  
3&4            Triple full turn Right stepping: Right, Left, Right.  
5 – 6            Rock forward on Left. Recover weight on Right.  
7&8            Shuffle 1/2 turn Left stepping: Left, Right, Left. 6 o'clock

## **Cross. Side. Sailor 1/4 Turn Right. Full Turn Right. Left Mambo Step.**

1 – 2            Cross Right over Left. Step Left to Left side.  
3&4            Cross Right behind Left turning 1/4 Right. Step Left beside Right. Step Right forward. 9 o'clock  
5 – 6            Turn 1/2 Right stepping Left back. Turn 1/2 Right stepping Right forward. 9 o'clock  
7&8            Rock forward on Left. Recover weight on Right. Step back on Left.

## **Walk Back X2 (with toe fans). Right Coaster Step. Left Cross Rock. Left Scissor Step.**

1 – 2            Walk back on Right (fanning Left toes out). Walk back on Left (fanning Right toes out).  
3&4            Step Right back. Step Left beside Right. Step Right forward.  
5 – 6            Cross rock Left over Right. Recover weight on Right.  
7&8            Step Left to Left side. Close Right beside Left. Cross step Left over Right.

## **Chasse Right. 1/4 Turn Chasse Left. Cross Rock. Ball Cross. Right Scuff.**

1&2            Step Right to Right side. Close Left beside Right. Step Right to Right side.  
3&4            Turn 1/4 Left stepping Left to Left side. Close Right beside Left. Step Left to Left side. 6 o'clock  
5 – 6            Cross rock Right over Left. Recover weight on Left.  
&7,8            Step Right beside Left. Cross step Left over Right. Scuff Right beside Left (slightly sweep around Left).

**\*Restart Here on Wall 5 facing 6 o'clock.**

## **Cross. Side. Sailor 1/4 Heel. Ball-Step. 1/4 Turn Left. Sailor 1/4 Heel.**

1 – 2            Cross Right over Left. Step Left to left side.  
3&4            Turn 1/4 Right stepping Right back. Step Left beside Right. Dig Right heel forward. 9 o'clock  
&5,6            Step Right beside Left. Step Left forward. Turn 1/4 Left stepping Right to Right side. 6 o'clock  
7&8            Turn 1/4 Left stepping Left back. Step Right beside Left. Dig Left heel forward. 3 o'clock

## **(&) Right Forward Rock. Ball-Step. Back Step. Left Back Rock. Ball-Step. Forward Step.**

&1,2            Step Left beside Right. Rock forward on Right. Recover weight on Left.  
&3,4            Step Right beside Left. Step Left back. Step back on Right.

5 – 6                      Rock back on Left. Recover weight on Right.  
&7,8                      Step Left beside Right. Step forward on Right. Step Left forward. 3 o'clock

**Forward Rock. Right Full Turn Back. Right Back Rock. Right Kick Ball-Step.**

1 – 2                      Rock Right forward. Recover on Left.  
3 – 4                      Turn 1/2 Right stepping forward on Right. Turn 1/2 Right stepping back on to Left. 3 o'clock  
5 – 6                      Rock back on Right. Recover on Left.  
7&8                      Kick Right forward. Step Right beside Left. Step Left forward.

**Cross. Touch. Left Samba Step. Jazz Box 1/4 Turn Right.**

1 – 2                      Cross Right over Left. Touch Left toe out to Left side.  
3&4                      Cross Left over Right stepping slightly forward. Rock Right to Right side. Recover on Left.  
5 – 8                      Cross Right over Left. Turn 1/4 Right stepping Left back. Step Right to Right side. Step forward on Left. 6 o'clock

**\* Restart: On Wall 5, dance 32 Counts and restart the dance facing 6 o'clock Wall.**