



Step-In-Time Line Dancing

HEREFORDSHIRE

Dance: **Don't Hurt**
Type: 64 Count, 2 Wall, Intermediate
Choreographer: Karl-Harry Winson & Kate Sala (UK), January 2020
Choreographed to: Hurt by Louise (119 bpm, 3:14 min)

Intro: Start after count 16

Section 1	Forward Rock, Full Triple Turn, Forward Rock, 1/2 Shuffle	
1,2	Rock forward on right. Recover on left	Forward rock
3&4	Make full turn right stepping right, left, right in place <i>Non-turning steps 3-4: Coaster Step</i>	Full triple turn
3&4	<i>Step right back. Step left beside right. Step right forward</i>	<i>Coaster step</i>
5,6	Rock forward on left. Recover on right	Forward rock
7&8	Turn 1/4 left stepping left to left side. Step right beside left. Step left 1/4 turn left (6:00)	Half shuffle
Section 2	Cross, Side, Modified Sailor 1/4, Full Turn, Mambo Step	
1,2	Cross right over left. Step left to left side	Cross, side
3&4	Turn 1/4 right crossing right behind left (9:00). Step left to left side. Step right forward	Sailor turn
5,6	Turn 1/2 right stepping left back. Turn 1/2 right stepping right forward <i>Non-turning steps 5,6: Walk x 2</i>	Full turn
5,6	<i>Walk forward stepping left, right</i>	<i>Walk, walk</i>
7&8	Rock forward on left. Recover on right. Step left beside right	Mambo step
Section 3	Walk Back x 2, Coaster Step, Cross Rock, Scissor Step	
1,2	Step right back and fan left toe out. Step left back and fan right toe out	Back, back
3&4	Step right back. Step left beside right. Step right forward	Coaster step
5,6	Cross rock left over right. Recover on right	Cross rock
7&8	Step left to left side. Step right beside left. Cross left over right	Scissor step
Section 4	Chasse Right, 1/4 Chasse Left, Cross Rock, Close, Cross, Scuff	
1&2	Step right to right side. Step left beside right. Step right to right side	Right chasse
3&4	Turn 1/4 left stepping left to left side (6:00). Step right beside left. Step left to left side	Turn chasse
5,6&	Cross rock right over left. Recover on left. Step right beside left	Cross rock, &
7,8*	Cross left over right. Scuff right and sweep forward	Cross, scuff
Section 5	Cross, Side, Sailor 1/4 Heel, Close, Step, 1/4 Turn, Sailor 1/4 Heel	
1,2	Cross right over left. Step left to left side	Cross, side
3&4	Turn 1/4 right crossing right behind left (9:00). Step left to left side. Touch right heel forward	Sailor heel
&5,6	Step right beside left. Step left forward. Turn 1/4 left stepping right to right side (6:00)	&, step, turn
7&8	Turn 1/4 left crossing left behind right (3:00). Step right to right side. Touch left heel forward	Sailor heel
Section 6	Close, Forward Rock, Close, Walk Back x 2, Back Rock, Close, Walk x 2	
&1,2	Step left beside right. Rock forward on right. Recover on left	&, forward rock
&3,4	Step right beside left. Walk back stepping left, right	&, back, back
5,6	Rock back on left. Recover on right	Back rock
&7,8	Step left beside right. Walk forward stepping right, left	&, walk, walk
Section 7	Forward Rock, Full Turn, Back Rock, Kick-Ball Step	
1,2	Rock forward on right. Recover on left	Forward rock
3,4	Turn 1/2 right stepping right forward. Turn 1/2 right stepping left back <i>Non-turning steps 3,4: Walk Back x 2</i>	Full turn
3,4	<i>Walk back stepping right, left</i>	<i>Back, back</i>
5,6	Rock back on right. Recover on left	Back rock
7&8	Kick right forward. Step ball of right beside left. Step left forward	Kick-ball step
Section 8	Cross Point, Samba Step, Jazz Box 1/4 Step	
1,2	Cross right over left. Point left to left side	Cross, point
3&4	Cross left over right. Rock to side on right. Recover on left	Samba step
5-8	Cross right over left. Step left back. Step right 1/4 turn right (6:00). Step left forward	Cross, back, turn, step
Restart	* Wall 5 (12:00) after 32 Counts (restart facing 6:00)	

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