



# Tell Me Why It Hurts

Choreographed by **Cato Larsen** (October 2003)

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**Description:** 32/36 Count, 4 Wall Line Dance  
**Level:** Intermediate  
**Music:** It Hardly Hurts At All – Maria Arredondo  
**CD:** Maria Arredondo – Maria Arredondo (Re-Release version)  
**Alt.** Tell Me Why – Jessica Folker (**Or any slow to medium Night Club Two-Step.**)  
**Motion:** Night Club Two-Step  
**BPM:** 77 / 85

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- 1 – 8            Rock & 1/2 Turn, Coaster Step, Side Rock & Cross, ¼ turn, ½ turn, Step.**  
1 – 2            Step back on right (1), Rock forward on left (&), Pivot 1/2 turn left Stepping back on right (2).  
3 – 4            Step back on left (3), Step right next to left (&), Step forward on left (4).  
5 – 6            Step right to right side (5), Rock back onto left (&), Step right across of left (6).  
7&              Turn 1/4 turn right Stepping back on left (7), Pivot 1/2 turn right Stepping forward on right.  
8                Step forward on left.
- 9 – 16           Mambo Step, Point, 1/4 turn, Lift, Cross, Back, Side, Step, Sweep 1/2 turn.**  
1 – 2            Step forward on right (1), Rock back onto left (&), Step back on right (2).  
3&              Point left toe back (3), Pivot 1/4 turn left keeping weight on right (&).  
4                Lift left foot (like a slight kick) diagonal forward left (4).  
5 – 6            Cross left over right (5), Step back on right (&), Step left to left side (6).  
7 – 8            Step forward on right (7), Sweep left clockwise and turn 1/2 turn right touching left next to right (8).
- 17 – 24           Shuffle forward, 3/4 turn Pencil Spin, Cross Rock Side, Cross Rock 1/4 turn.**  
1 – 2            Step forward on left (1), Step right next to left (&), Step forward on left (2).  
3 – 4            Turn 3/4 turn left on ball of left touching right toe next to left (3,4).  
5 – 6            Cross right over left (5), Rock back onto left (&), Step right long step to right side (6).  
7 – 8            Cross left over right (7), Rock back onto right (&), Step left 1/4 turn left (8).
- 25 – 32           Step, Pivot 1/2 turn, Step, Full Turn, 1/4 turn & Cross, Side Rock & Slide, Cross, Back, Side.**  
1 – 2            Step forward on right (1), Pivot 1/2 turn left (&), Step forward on right (2).  
3                Pivot 1/2 turn right Stepping back on left (3).  
&4              Pivot 1/2 turn right Stepping forward on right (&), Step forward on left (4).  
5&              Turn 1/4 turn right Stepping right across left (5), Step left to left side (&).  
6                Push off from left foot Stepping right long step to right side (6).  
7 – 8            Cross left over right (7), Step back on right (&), Step left to left side (8).

**Note:**            **Only for use with Maria Arredondo track!**  
                     **Add steps 33-36 after the following walls: 1,3 & 4. After wall 2, you do this part twice!**

- 33 – 36           Cross Rock Side, Cross Rock Side.**  
1 – 2            Cross right behind left (1), Rock forward onto left (&), Step right long step to right side (2).  
3 – 4            Cross left behind right (3), Rock forward onto right (&), Step left long step to left side (4).

START AGAIN ~ SMILE