



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)

Available for download on our website: www.western-entertainment.no/music.shtml

Alt. Tell Me Why – Jessica Folker **(Or any slow to medium Night Club Two-Step).**

Motion: Night Club Two-Step

BPM: 77 / 85

- 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