

# School Dance Styles

Ecole de Danse

## HURT NO MORE

Count: 32 Wall: 2 Level: Intermediate

Choreographer: Grace David (KOR) & Amanda Rizzello (FR) - November 2023

Music: Hurt No More - CHASE WRIGHT

Intro: 16 Counts, Tags

## 32, 32, Tag, 32, 32, Tag, 32, 32, Tag

### SEC 1: WALK, WALK, SIDE-ROCK, CROSS, ½ BACK SHUFFLE, ¼ SIDE ROCK-RECOVER

- 1 2 Step RF Fwd, Step LF Fwd,  
3&4 Rock RF on R side, Recover on LF, Cross RF over LF  
5&6 Turn ¼ to R stepping LF on side, Step RF next to LF,  
Turn ¼ to R stepping LF back(6:00)  
7 8 Turn ¼ to L Rocking RF on side, Recover on LF (9:00)

### SEC 2: CROSS SHUFFLE, SIDE-ROCK, CROSS, HINGE TURN, CROSS-ROCK, RECOVER

- 1&2 Cross RF over LF, Step LF slightly behind RF on ball, Cross RF over LF  
3&4 Rock LF on L side, Recover on RF, Cross LF over RF  
5 6 Turn ¼ to L stepping RF back, Turn ¼ L stepping LF on side (3:00)  
7 8 Rock RF over LF, Recover on LF

### SEC 3: SIDE CHASSE, 1/8 WALK, WALK, FORWARD MAMBO, BACK W/ SWEEPS

- 1&2 Step RF on R side, Step LF next to RF, Step R on side  
3 4 Turn 1/8 to R Stepping LF Fwd, Step RF Fwd (4:30)  
5&6 Rock LF Fwd, Recover on RF, Step LF Back  
7 8 Step RF back sweeping LF from front to back,  
Step LF back sweeping RF from front to back

### SEC 4: 1/8 WEAVE STEP, BACK DRAG, BALL, WALK, WALK, ¾ TURN TO LEFT

- 1&2& Step RF behind LF, Turn 1/8 to L stepping LF on side, Cross RF over LF,  
Step LF on L side(9:00)  
3 4 Big Step back on RF, Drag LF towards RF  
&56 Step LF next to RF on ball, Step RF Fwd, Step LF Fwd,  
7 8 Turn ½ to L stepping RF back, Turn ¼ to L stepping LF on L side (6:00)

### Optional Turn:

On Counts 78, Can do double 1 & ¾ Turn with counts 7&8& to face the next wall

**TAG:** (After 2nd, 4th, 6th Wall, all facing 12 :00)

Cathy MERIOT - Choréographe / Instructor

106 I chemin des Jardins

83920 LA MOTTE en PROVENCE

tél : 06.61.17.10.82 courriel : [cathy.meriot83@sfr.fr](mailto:cathy.meriot83@sfr.fr)

[www.schooldancestyles.fr](http://www.schooldancestyles.fr)

# School Dance Styles

Ecole de Danse

## **[1-8] R SIDE, HOLD, BALL, SIDE, TOGETHER, CROSS, HINGE TURN, CROSS ROCK-RECOVER**

1 2 Step RF on R side, Hold

&3 4 Step LF next to RF on ball, Step RF on R side, Step LF next to RF

5 6 7 Cross RF over LF, Turn  $\frac{1}{4}$  to R stepping LF back, Turn  $\frac{1}{4}$  to R stepping RF on side

8& Rock LF over RF, Recover on RF

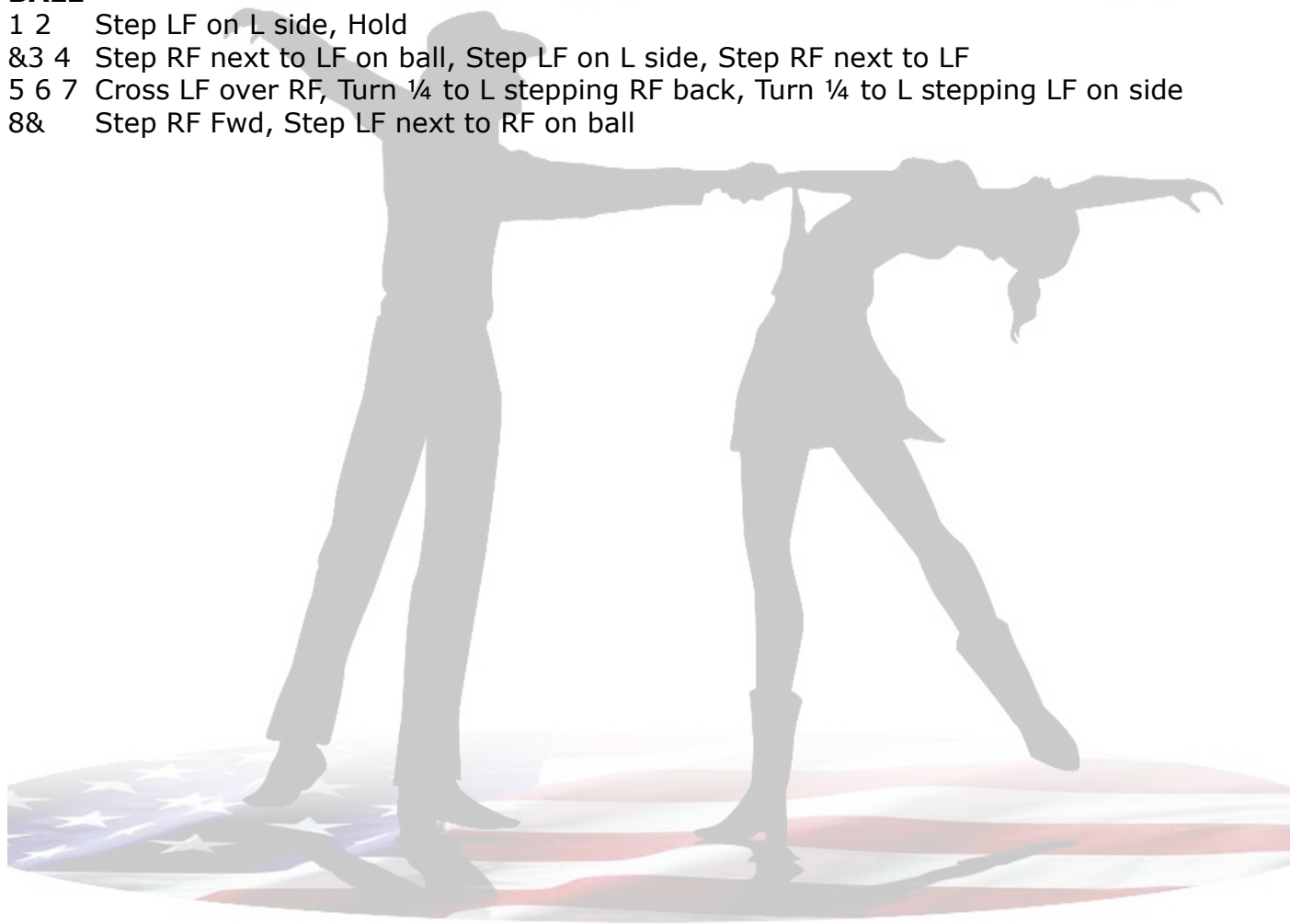
## **[1-8] L SIDE, HOLD, BALL, SIDE, TOGETHER, CROSS, HINGE TURN, STEP FORWARD, BALL**

1 2 Step LF on L side, Hold

&3 4 Step RF next to LF on ball, Step LF on L side, Step RF next to LF

5 6 7 Cross LF over RF, Turn  $\frac{1}{4}$  to L stepping RF back, Turn  $\frac{1}{4}$  to L stepping LF on side

8& Step RF Fwd, Step LF next to RF on ball



**Cathy MERIOT** - Choréographe / Instructor

106 I chemin des Jardins

**83920 LA MOTTE en PROVENCE**

tél : 06.61.17.10.82 courriel : [cathy.meriot83@sfr.fr](mailto:cathy.meriot83@sfr.fr)

[www.schooldancestyles.fr](http://www.schooldancestyles.fr)