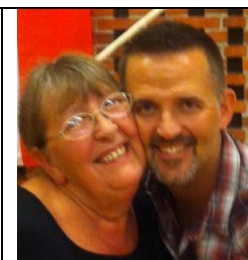


# Hurting Heart

By Niels Poulsen and Anna Korsgaard

[niels@love-to-dance.dk](mailto:niels@love-to-dance.dk) - [www.love-to-dance.dk](http://www.love-to-dance.dk)

September 2013



Type of dance: 32 counts, 4 walls, Beginner

Music: **You got away** by Ann Tayler. Track length: 3.02. Buy on iTunes, etc.

Intro: 16 count intro (app. 6 secs. into track). Start with weight on L foot

OBS! No tags – no restarts! This dance is a floor-split to my own improver dance 'You got away'.

Counts	Footwork	End facing
1 – 8	<b>Fwd R, tap L behind, back L, kick R fwd, back R, touch &amp; clap, back L, touch &amp; clap</b>	
1 – 4	Step R fwd (1) tap L behind R (2), step back on L (3), kick R fwd (4)	12:00
5 – 8	Step back on R (5), touch L next to R and clap (6), step back on L (7), touch R next to L and clap (8)	12:00
9 – 16	<b>R coaster step, hold, run LRL fwd, hold</b>	
1 – 4	Step back on R (1), step L next to R (2), step fwd on R (3), hold (4)	12:00
5 – 8	Run fwd on L (5), run fwd on R (6), run fwd on L (7), hold (8)	12:00
17 - 24	<b>R mambo step, hold, L mambo step, hold</b>	
1 – 4	Rock fwd on R (1), recover weight back on L (2), step back on R (3), hold (4)	12:00
5 – 8	Rock back on L (5), recover weight fwd to R (6), step fwd on L (7), hold (8)	12:00
25 – 32	<b>Step ¼ L, cross, hold, stomp L, swivel heel toe heel next to L</b>	
1 – 4	Step fwd on R (1), turn ¼ L stepping onto L (2), cross R over L (3), hold (4)	9:00
5 – 8	Stomp L to L side (5), swivel R heel L (6), swivel R toes L (7), swivel R heel L (8) – <i>weight L</i>	9:00
<b><i>Start again... and enjoy!</i></b>		
<b>Ending</b>	Start wall 16, facing 3:00, and do up to count 12 (R coaster step, Hold). Just turn ¼ L onto L foot on count 5. You're now facing 12:00. Tadaahh!... ☺	12:00