

# Hurts Instead

Choreographer: Dan McInerney, UK (Feb '11) | [mcidahechi@hotmail.com](mailto:mcidahechi@hotmail.com) | [www.danmcinerney.com](http://www.danmcinerney.com)

Description: 32 count, 2 wall, advanced (2 tags, 2 restarts: you will then dance it on other 2 walls)

Music: "Someone Like You" by Adele, from album "21"

Starts: After 16 counts/14 seconds just before she sings "heard"

Videos: <http://www.youtube.com/watch?v=5TbeP2kCMYk> or <http://www.youtube.com/watch?v=6z8uCsIP8WU>

## SIDE, COASTER STEP, STEP FULL TURN HALF SWEEP, BEHIND TURN TURN ROCK

- 1, 2& Step R to R side as you open body to L diagonal (11:00), make 1/4 L stepping L back, step R together **(09:00)**
- 3, 4& Step L forward, step R forward, making 1/2 turn R step L back **(03:00)**
- 5&6 Making 1/2 turn R step R forward, making 1/2 R step L back, sweep R around and behind L **(03:00)**
- 7&8& Step weight down onto R, making 1/4 turn L step L forward, making 1/4 turn L step R to R side, making 1/2 turn L rock L to L side **(03:00)**
- (TAG: dance Tag 2 here on wall 4 (facing 09:00) then restart the dance)

## RECOVER CROSS SIDE, BEHIND QUARTER STEP LOCK, WALK, WALK, WALK, POINT

- 1&2 Recover weight onto R, cross L over R, step big step R
- 3&4& Cross L behind R, making 1/4 turn R step R forward, step L forward, lock R behind L **(06:00)**
- 5, 6 Step L forward, step R forward
- 7, 8 Step L forward taking all weight, R should be behind so point R slightly back (toe close to the floor)
- (STYLING: on count 2, open your body to L diagonal (02:00) as you look to L side)

## TURN STEP TURN PRESS, RECOVER TURN, STEP TURN TURN, POINT, FULL TURN, ROCK RECOVER

- &1&2 Making 1/2 turn R step onto R, step L forward, pivot 1/2 turn R with weight ending on R, press L forward **(06:00)**
- 3, 4 Recover weight onto R as you make 1/2 turn L, step L forward
- (RESTART: restart here on wall 6 (facing 03:00) and on wall 8 (facing 09:00))
- &5, 6 Making 1/2 turn L step R back, making 1/2 turn L step L forward, point R to R side **(12:00)**
- 7&8& Make a full turn R on ball of L foot, transfer weight onto R, rock L to L side, recover onto R **(12:00)**

## CROSS QUARTER QUARTER ROCK CROSS, SIDE, CROSS ROCK SIDE, CROSS ROCK SIDE CROSS

- 1&2& Cross L over R, making 1/4 turn L step R back, making 1/4 L rock L to L side, recover onto R **(06:00)**
- 3, 4 Cross L over R, step R to R side
- 5&6 Rock L across over R, recover weight onto R, step L to L side
- 7&8& Rock R across over L, recover weight onto L, step R to R side, cross L over R
- (TAG: dance Tag 1 here at the end of wall 2)

## REPEAT

### TAG 1:

A weave danced at the end of wall 2, facing the front (12:00). After the tag, continue to dance from the beginning.

- 1&2& Step R to R side, cross L behind R, step R to R side, cross L over R

### TAG 2:

A slightly different weave danced after 8 counts of wall 4, you dance the tag facing the L side wall (09:00).

- 1&2& Recover weight onto R, cross L over R, step R to R side, cross L behind R

After Tag 2, **restart the dance from the beginning**. This means you'll now be dancing on the **side walls**.

### RESTARTS

Both restarts happen in the same place and they'll be on side walls. The restart is after count 4 of the 3rd section (i.e. after count 20). As per normal, you step L forward then restart by stepping R to R side.

1st restart, wall 6 – you'll restart facing the R side wall (03:00).

2nd restart, wall 8 – the tempo will slow so slow your steps also - you'll restart facing the L side wall (09:00).