

Hurt Inside

Count: 32 **Wall:** 2 **Level:** Improver

Choreographer: LD Crazy Mike (Mikael Erlandsson) & Micaela Svensson Erlandsson – Oct. 2015

Music: I Have Been Lonely by Blake Shelton - 114 bpm

Intro: 32 count - No Tag, No Restart

Section 1: Side. Touch. Kick Ball Cross. Side. Touch. Kick Ball Cross.

1-2 Step right to right. Touch left beside right.
3&4 Kick left forward. Step left beside right. Cross right over left.
5-6 Step left to left. Touch right beside left.
7&8 Kick right forward. Step right beside left. Cross left over right.

Section 2: Step. 1/2 Turn left. Shuffle 1/2 Turn back. Tap unwind 1/2 left. Toes. 1/2 turn left.

1-2 Step forward on right. turn 1/2 left.
3&4 Shuffle 1/2 turn back over left shoulder stepping right, left, right.
5-6 Tap left toes back. Unwind 1/2 left.
7-8 Touch right toes forward. Unwind 1/2 left.

Section 3: Back Rock. Forward Full Spiral Turn. Forward Shuffle. Forward Rock.

1-2 Rock back on left. Recover onto right.
3-4 Step forward on left spinning a full turn forward over right shoulder.
5&6 Step forward on right. Close left beside right. Step forward on right.
7-8 Rock forward on left. Recover onto right.

Section 4: Back Lock Step. Tap Unwind 1/2 right. Forward Full Turn. Forward Shuffle.

1&2 Step back on left. Lock right in front of left. Step back on left.
3-4 Tap right toes back. Unwind 1/2 right.
5 Turn 1/2 over right shoulder stepping back on left
6 Turn 1/2 over right shoulder stepping forward on right.
7&8 Step forward on left. Close right beside left. Step forward on left.

Option: Replace the Forward shuffle with a triple full turn.