What Hurts The Most (最傷心的事) (zh)

Count: 32 **Wall:** 4 **Level:** Intermediate
Choreographer: Craig Bennett (UK) & Shaz Walton (UK) - 2008年11月
Music: What Hurts the Most - Rascal Flatts

前奏： Count in: start on vocals 唱歌起跳

第一段 Unwind Full Turn/Sweep. Behind. Side. Forward. Run. Run. Rock. Recover. ¼. Full Turn. Cross
繞轉圈, 後 旁 前, 跑 跑 下沉 回復 左1/4, 轉圈 交叉

1 Unwind a full turn right, start to sweep right out.
右繞轉圈右足後繞

2&3 Sweep/cross right behind left. Step left to left side. Step forward right. 右足於左足後交叉踏, 左足左踏, 右足前踏

4&5 Run forward on left. Run forward right. Rock forward on left.
左足前跑, 右足前跑, 左足前下沉

6-7 Recover on right. Make ¼ left stepping left to left side.
右足回復, 左轉90度左足左踏

(** 1st RESTART & 'Sway' TAG**)
1st Restart – wall 3 - 6 o'clock. Dance up to count 7 on the first section & dance counts 7-8 as 2 sways left- right & begin again. (Be sure to keep the weight on right on count 8) you will be facing 3 o'clock
第三面牆面向6點鐘, 跳到此, 將7-8改成左擺臀, 右擺臀, 面向3點鐘從頭起跳

&8 Making a full turn left in total cross stepping left over right first: step left- right. 左轉圈(左足於右足前交叉踏, 右足於左足前交叉踏)

& Cross step right over left [9 o'clock]
右足於左足前交叉踏(面向9點鐘)

第二段 ¼ Developpe. Step. ½ Turn. Side. Rock. Recover. Forward. Step. ½. ½
踢 1/4, 踏 轉, 右踏, 後下沉 回復 踏, 踏 轉 轉

1-2 Unfold left leg as you extend into a low kick, making a ¼ turn left. Step left forward. 左足前略低踢, 左轉90度左足前踏

3& Step forward right. Make ½ turn left. 右足前踏, 左轉180度

4 Step right to right side. 右足右踏

5&6 Rock back on left. Recover on right. Step forward left.
左足後下沉, 右足回復, 左足前踏

7&8 Step forward right. Make ½ turn left stepping forward left. Make ½ turn left stepping back right. [12 o'clock].
右足前踏, 左轉180度左足前踏, 左轉180度右足後踏(面向12點鐘)

第三段 Back. Cross. Back. Back. Cross. Back. Rock. Recover. ½. Back. Cross. Side. Back. Cross.
後 交叉, 後下沉 交叉, 後下沉 回復, 1/2後 交叉, 側下沉 交叉

1&2 Step left back to diagonal. Cross step right over left. Step left back to left diagonal. 左足斜後踏, 右足於左足前交叉踏, 左足斜後踏

&3& Step right back to right diagonal. Cross step left over right. Step right back to right diagonal.
右足斜角後踏, 左足於右足前交叉踏, 右足斜後踏

this sequence will travel slightly backwards
這些舞動會略向後移動

4& Rock back on left. Recover on right. 左足後下沉, 右足回復

5-6& Make ½ turn right stepping back on left dragging right. Step right to right diagonal. Cross left over right.
右轉180度左足後踏右足拖併, 右足右斜角前踏, 左足於右足前交叉踏

(**2nd RESTART**: Dance as far as count 6 – replace count 6 with a step to right with right foot- begin dance again)
2nd Restart – wall 6– 9 o-clock wall -Dance as far as count 6 on the third section – replace count 6 with a step to right with right foot- Begin dance again on 3 o'clock wall. 第六面牆(面向9點鐘), 跳至此, 第6拍改跳右足右踏, 面向3點鐘, 從頭起跳

7-8& Step right back to diagonal dragging left. Step left to left side. Cross right over left. [6 o'clock].
右足斜後踏左足拖併, 左足左踏, 右足於左足前交叉踏（面向6點鐘）

this sequence will travel slightly backwards
整個舞動會向後移動

第四段 Prep. 1 ¼ Turn Right. Rock. Recover. Back. ½. Step ½ Pivot. Sway. Replace.
準備向右轉1 ¼, 下沉 回復 後, 1/2 踏 轉, 擺臀 回

1 Lean over left knee, slightly turning upper body to left.
左膝前傾, 身體略向左轉

2&3 Step right ¼ turn right. ½ turn right stepping back left. ½ turn right stepping forward right.
右轉90度右足踏, 右轉180度左足後踏, 右轉180度右足前踏

4&5 Rock forward on left. Recover back on right. Step back on left.
左足前下沉, 右足回復, 左足後踏

6&7 Step right forward ½ turn right. Step forward left. Pivot ½ turn right (weight on right)
右轉180度右足前踏, 左足前踏, 右軸轉180度(重心在右足)

8& step left to left as you sway left, replace weight on right as you sway right & begin to bring left in front of right to begin the dance again. [9 o'clock].
左足左踏左擺臀, 右足回復右擺臀左足繞至右足前準備從頭起跳(面向9點鐘)

Restarts for Rascal Flatts Track only: 只有Rascal Flatts的歌才有兩個Restart

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