

Hurt Like Hell

Count: 32

Wall: 4

Level: Intermediate

Choreographer: Marilou Baribeau - September 2026

Music: Hurt Like Hell - Thorsteinn Einarsson



Start on the lyrics

[1-8] (Walk) x2, Shuffle Fwd, Step, Pivot 1/4 Turn, Cross Shuffle,

- 1-2 Step RF forward – Step LF forward
- 3&4 Shuffle forward RF – LF – RF
- 5-6 LF forward – Pivot 1/4 turn right 3:00
- 7&8 Cross Shuffle PG – PD – PG

[9-16] Side Stomp, (Sailor Step) x2, 1/4 turn & Kick, Coaster Step,

- 1-2&3 Stomp RF to right – LF behind RF – RF to right – LF to left
- 4&5 RF behind LF – LF to left – RF to right
- 6 1/4 turn left and Kick LF 12:00
- 7&8 LF back – RF beside LF – LF forward

[17-24] (Rock Step, Triple step Full Turn) x2

- 1-2 Rock RF forward – Recover on LF
- 3&4 Full turn triple step to right RF – LF – RF
- 5-6 Rock LF forward – Recover on RF
- 7&8 Full turn triple step to left LF – RF – LF

Option: During counts 3-4 and 7-8, you can do a triple in place.

[25-32] Jazz Box 1/4 Turn, Step, Jazz Box 1/2 Turn, Step,

- 1-2-3-4 Cross RF over LF – LF back – 1/4 turn right and RF to right – LF forward 3:00
- 5-6 Cross RF over LF – 1/4 turn right and LF back 6:00
- 7-8 1/4 turn right and RF forward – LF forward 9:00

Restart: At the end of the 5th routine of the dance, add 4 counts and restart the dance from the beginning.

4- count Tag

[1-4] Rocking Chair,

- 1-4 Rock RF forward – Recover on LF – Rock RF back – Recover on LF

Bonne danse

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