



What Hurts The Most

32 Count – 4 wall Night Club – Intermediate level
 Choreographed to “What Hurts The Most” By Rascal Flatts
 Count in: start on vocals Bpm 86 (x2 restarts)
 Alternative track – “Run” By Leona Lewis.
 Count In: start on lyrics Bpm 96



*Start the dance with weight on right foot & left crossed over right.

Unwind full turn/sweep. Behind. Side. Forward. Run. Run. Rock. Recover. ¼. Full turn. Cross

- 1 Unwind a full turn right, start to sweep right out.
- 2&3 Sweep/cross right behind left. Step left to left side. Step forward right.
- 4&5 Run forward on left. Run forward right. Rock forward on left.
- 6-7 Recover on right. Make ¼ left stepping left to left side. (** 1st restart & ‘Sway’ Tag**)
- 8& Making a full turn left in total cross stepping left over right first: step left- right.
- & Cross step right over left (or replace with cross shuffle to take out turn)

3 o'clock

¼ developpe. Step. ½ turn. Side. Rock. Recover. Forward. Step. ½. ½

- 1-2 Unfold left leg as you extend into a low kick, making a ¼ turn left. Step left forward.
- 3& Step forward right. Make ½ turn left.
- 4 Step right to right side.
- 5&6 Rock back on left. Recover on right. Step forward left.
- 7&8 Step forward right. Make ½ turn left stepping forward left. Make ½ turn left stepping back right.

12 o'clock.

Back. Cross. Back. Back. Cross. Back. Rock. Recover. ½. back. Cross. Side. Back. Cross.

- 1&2 Step left back to diagonal. Cross step right over left. Step left back to left diagonal.
- &3& Step right back to right diagonal. Cross step left over right. Step right back to right diagonal.
this sequence will travel slightly backwards
- 4& Rock back on left. Recover on right.
- 5-6& Make ½ turn right stepping back on left dragging right. Step right to right diagonal. Cross left over right.
 (2nd restart -Dance as far as count 6 – replace count 6 with a step to right with right foot- begin dance again)
- 7-8& Step right back to diagonal dragging left. Step left to left side. Cross right over left. 6 o'clock.
this sequence will travel slightly backwards

Prep. 1 ¼ turn right. Rock. Recover. Back. ½. Step ½ pivot. Sway. Replace.

- 1 Lean over left knee, slightly turning upper body to left.
- 2&3 Step right ¼ turn right. ½ turn right stepping back left. ½ turn right stepping forward right.
- 4&5 Rock forward on left. Recover back on right. Step back on left.
- 6&7 Step right forward ½ turn right. Step forward left. Pivot ½ turn right (weight on right)
- 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.

Restarts for Rascal Flatts Track **only**:

- 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
- 2nd restart – wall 6– 9 o'clock wall -Dance as far as count 6 – replace count 6 with a step to right with right foot- Begin dance again on 3 o'clock wall.

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For Gary xxx