

Hurts So Bad

Count: 32

Wall: 2

Level: Beginner

Choreographer: Tina Subia (USA) - March 2026

Music: Be Her - Ella Langley



#16 count into - No Tags, No Restarts

(1-8) Shuffle forward R,L,R; Rock L forward, Recover R, shuffle back L,R,L; Rock back R, Recover L

- 1&2 (1) R foot forward, (&) Left foot behind R foot, (2) R foot forward
- 3-4 (3) Rock forward on L foot, (4) transfer weight back onto R foot
- 5&6 (5) L foot back, (&) R foot in front of L foot, (6) L foot back
- 7-8 (7) Rock back on R foot, (8) transfer weight back onto L foot

(9-16) Walk Forward R,L,R, kick; walk back L,R; Coaster Step

- 1-3 (1) Walk forward on R foot, (2) forward on L foot, (3) forward on R foot
- 4 (4) Kick left foot forward in front of you
- 5-6 (5) Step back on L foot, (6) Step back on R foot
- 7&8 (7) Step back on L foot, (&) bring right foot next to L foot, (8) step forward on L foot

(17-24) R Side Rock, Recover; Behind side Cross; L Side Rock, Recover; Behind side Cross

- 1-2 (1) Step R foot out to the R side, (2) transfer weight to L foot
- 3&4 (3) Step R foot behind L foot, (&) step L foot to L side, (4) cross R foot over L foot
- 5-6 (5) Step L foot out to the L side, (6) transfer weight to R foot
- 7&8 (7) Step L foot behind R foot, (&) step R foot to R side, (8) cross L foot over R foot

(25-32) 1/4 Pivot; 1/4 Pivot; Heel Switches, Heel Swivel

- 1-2 (1) Step R foot forward, (2) Pivot 1/4 over your L shoulder
- 3-4 (3) Step R foot forward, (4) Pivot 1/4 over your L shoulder
- 5&6& (5) Tap R heel forward, (&) Step R foot together next to L foot, (6) Tap L heel forward, (&) Step L foot together next to R foot
- 7&8 (7) Step R foot forward, (&) Swivel both heels out to the R, (8) Swivel both heels back to the center

REPEAT and Have Fun!
