

Official WCDF competition dance description 2019

Hurts Like A Cha Cha

Simon Ward, Daniel Trepap & Fred Whitehouse

Type : 64 Count, 2 Wall, Restart in wall 2 & 4 after count 48
Level : Modern Line Dance Ace Dance C
Music : "Nothing Ever Hurts Like You" by James Morrison (BPM 120)

**CROSS, ¼ TURN L DRAG, FORWARD,
LOCK STEP, FORWARD 2X, ¾ SPIRAL
TURN R, SIDE, TOUCH**

1 LF Cross over
2 RF ¼ Turn L, drag together (9.00)
3 RF Step forward
4 LF Step forward
& RF Cross behind
5 LF Step forward
6 RF Step forward
7 LF Step forward, ¾ turn R with
bend knee (6.00)
8 RF Step R
9 LF Touch together, snap fingers,
Look R

**HIP BUMP 2X, ¼ TURN L 2X,
CROSS, SIDE, CROSS, HOLD,
SIDE, CROSS & SWEEP**

10 LF Step L, hip bump L
11 RF Recover weight, hip bump R
12 LF ¼ Turn L, step forward (3.00)
13 RF ¼ Turn L, step R (12.00)
14 LF Cross behind
& RF Step R
15 LF Cross over
16 Hold
& RF Step R
17 LF Cross behind
RF Sweep backwards

**CROSS, SIDE, 1/8 TURN L, FORWARD
2X, LOCK STEP, FORWARD, ½ TURN R**

18 RF Cross behind
19 LF Step L
20 RF 1/8 Turn L, step forward (10.30)
21 LF Step forward
22 RF Step forward
& LF Cross behind
23 RF Step forward
24 LF Step forward
25 LF ½ Turn R, weight on LF (4.30)

**HEAD MOVE, HEEL SWIVEL 2X,
FORWARD 2X, 5/8 SPIRAL TURN R,
CHASSE**

26 Look over L shoulder
27 Look forward
& RF Turn heel out
28 RF Turn heel in
& RF Turn heel out
29 RF Turn heel in
30 RF Step forward
31 LF Step forward, 5/8 turn R
with bend knee (12.00)
32 RF Step R
& LF Step together
33 RF Step R

World Country Dance Federation

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**HOLD, TOGETHER, CROSS, SIDE,
TOUCH, ¼ TURN R TOGETHER,
TOUCH, TOGETHER, X2, KICK**

34 Hold
& LF Step together
35 RF Cross over
36 LF Step L
37 RF Touch together
& RF ¼ Turn R, step together (3.00)
38 LF Touch together, look down
& LF Step together
39 RF Touch together, look up
& RF ¼ Turn R, step together (6.00)
40 LF Touch together, look down
& LF Step together
41 RF Kick forward, look up

**FORWARD 2X, LOCK STEP,
ROCK STEP, ½ TURN L**

42 RF Step forward
43 LF Step forward
44 RF Step forward
& LF Cross behind
45 RF Step forward
46 LF Step forward
47 RF Recover weight
48 LF ½ Turn L, step forward

**¼ TURN L HIP ROLL 3X, OUT, OUT, IN,
CROSS**

49 RF ¼ Turn L, step R,
hip roll CCW (9.00)
50 LF Cross over
51 RF ¼ Turn L, step R,
hip roll CCW (6.00)
52 LF Cross over
53 RF ¼ Turn L, step R,
hip roll CCW (3.00)
54 LF Step forward
& RF Step R
55 LF Step L
& RF Step back to centre
56 LF Cross over

**KICK, BEND KNEES, SWIVEL, ¼ TURN
L SWIVEL, FORWARD,**

½ STEP TURN L, KICK, TOGETHER
57 RF Kick diagonally R forward
58 RF Step R, bend knees, weighted
59 BF Swivel heels L
60 BF Swivel heels R, ¼ turn L
(12.00)
61 LF Step forward
62 RF Step forward
63 LF ½ Turn L, step forward (6.00)
64 RF Kick forward
& RF Step together

Restart

In wall 2 & 4 (12.00)
After count 47
48 LF Touch L