

**Count:** 32**Wall:** 4**Level:** Intermediate**Choreographer:** Fred Whitehouse (Ireland) February 2018**Music:** Till It Hurts by Rico Greene (Single) (Acoustic Dance Sessions)**Intro –16 Counts or 15 Seconds from start of track****[1-8] Out, Out, Bend Knee, Lunge, Recover, 1 ¼ Turn L, Step Sweep, Cross, ¼ Turn**

&1,2 Step RF out diagonal, step LF out diagonal, bend R knee in making ¼ turn L placing weight on to LF (use R hand to push R knee in, running hand down from thigh to knee)

3,4& Step RF forward, recover on to LF, step RF back

5,6,7 ¼ turn L stepping LF to L side, full turn L hitching R knee keep RF flat against L leg (turn is during counts 5,6 total turn of 1 ¼ turns L. option: make the ¼ turn stepping LF to L hold count 6) step RF forward diagonal sweeping LF from back to front to square up to 6.00

8& Cross LF over R, ¼ turn L stepping RF back (facing 3.00)

**[9-16] ¼ Turn L x4, Behind, Drop, Recover, Hitch, Kick, ½ Turn Pique**

1,2& ¼ turn L stepping LF forward, ¼ turn L stepping RF back, ¼ turn L stepping LF forward

3,4,5 ¼ turn L stepping RF to R side, step LF behind R, point RF to R side as you bend LF knee to go low (keep R leg straight as you lower your body to the ground slightly)

6,7 Recover on to straight L leg, 1/8 turn L cross RF over L as you hitch LF knee (diagonal 1.30)

8& Step LF back kicking RF forward diagonal, ½ turn R stepping RF forward hitching LF knee as you turn facing 7.30 (hitch, kick, pique or Option 2: Rock, recover, half turn R)

**[17-24] Full Spiral Turn R, Walk Forward R,L, Side Rock Recover, Cross, Large Step, Lock, Full Turn With sweep, Weave**

1,2& Step LF forward making full spiral turn R, step forward R, step forward L

3,4& Rock R to R side squaring up to 6.00, recover on to L, cross RF over L

5,6,7 Large step L, touch RF behind L (locking both knees), full turn R sweeping RF from front to back

8& Step RF behind L, step LF to L side

**[25-32] Rock Recover, Side, Cross, Point, ¾ Spiral R**

1&2& Rock RF over L, recover on to L, step RF to R side, cross LF over R

3,4& Step RF to R side, close LF behind R, cross RF over L

5,6& Rock LF to L side, recover on to RF, cross LF over R

7,8 Point RF to R side, spiral ¾ turn R keeping weight on LF (facing 3.00)

**Enjoy****Contact:** [f\\_whitehouse@hotmail.com](mailto:f_whitehouse@hotmail.com)**Last Update - 23rd Feb. 2018**