



Approved by:



Love Hurts

4 WALL – 32 COUNTS – IMPROVER

STEPS	ACTUAL FOOTWORK	CALLING SUGGESTION	DIRECTION
Section 1	Chasse Right, Back Rock, Chasse Left, Back Rock		
1 & 2	Step right to right side. Close left beside right. Step right to right side.	Chasse Right	Right
3 – 4	Rock back on left. Recover onto right.	Rock Back	On the spot
5 & 6	Step left to left side. Close right beside left. Step left to left side.	Chasse Left	Left
7 – 8	Rock back on right. Recover onto left.	Rock Back	On the spot
Section 2	Kick, Kick, 1/4 Turn Sailor Step, Forward Rock, Shuffle 1/2 Turn		
1 – 2	Kick right across left. Kick right to right side.	Kick Kick	On the spot
3 & 4	Turning 1/4 right step right back. Step left to left side. Step right forward. (3:00)	Quarter Sailor	Turning right
5 – 6	Rock forward on left. Recover onto right.	Rock Forward	On the spot
7 & 8	Shuffle step 1/2 turn left, stepping - left, right, left. (9:00)	Shuffle Half	Turning left
Restart	Walls 5 and 10: Restart the dance from the beginning.		
Section 3	Jazz Box, Kick Ball Change, Walk, Walk		
1 – 4	Cross right over left. Step left back. Step right to side. Step left forward.	Jazz Box	On the spot
5 & 6	Kick right forward. Step right beside left. Step left forward.	Kick Ball Change	
7 – 8	Walk forward right. Walk forward left.	Walk Walk	Forward
Section 4	Touch Cross x 2, Kick & Kick & Touch & Kick &		
1 – 2	Touch right to right side. Cross right over left.	Touch Cross	Forward
3 – 4	Touch left to left side. Cross left over right.	Touch Cross	
Restart	Walls 3 and 4; 8 and 9: Restart the dance from the beginning.		
5 & 6 &	Kick right forward. Step right beside left. Kick left forward. Step left beside right.	Kick & Kick &	On the spot
7 & 8 &	Touch right behind left. Step right back. Kick left forward. Step left beside right.	Touch & Kick &	
Note	It might help dancers to remember the sequence if it is pointed out that: the verse is 32 counts; the chorus is 28 counts; the instrumental is 16 counts.		

Choreographed by: Raymond Sarlemijn (NO) and Darren Bailey (UK) February 2014

Choreographed to: 'Love Really Hurts Without You' by Billy Ocean from CD The Very Best Of Billy Ocean; download available from amazon or iTunes (start on vocals)

Restarts - Sequence: 6 Restarts - Walls 3 & 4; 5; 8 & 9; 10. Sequence as below:
Walls 1 & 2 - 32c; Walls 3 & 4 - 28c; Wall 5 - 16c;
Walls 6 & 7 - 32c; Walls 8 & 9 - 28c; Wall 10 - 16c; Wall 11 - 28c



A video clip of this dance is available at www.linedancermagazine.com