

# Hurts So Good

Level: Easy Intermediate

Genre: Pop

Artist: John Mellencamp

Choreo: Andy Howard

Speed: Normal

Length: 3:27

Sequence: Guitar INTRO A B C INTRO\* A B C INTRO\*\* D C\* C INTRO Ending

Intro: Wait 8 beats

---

## Quick Cues

## Quick Cues

---

### Guitar (16 Beats)

8 Toe Heel Clogover & Claps

8 REPEAT

### INTRO (32 Beats)

4 Rocking Chair (1/4 L)

4 Fancy Double

24 REPEAT

### Part A (48 Beats)

8 Kentucky Toe Slur (1/2 R)

8 Rocker

8 Heel Walk

24 REPEAT

### Part B (32 Beats)

4 2 Basics

4 2 Stomps 2 Claps

4 2 Basics

4 Charleston

8 Cowboy

4 Donkey

4 Pivot Chain (Full R)

### Part C (16 Beats)

8 Brush & Touch (1/4L ea)

8 Samantha (1/2R)

8 2 Pull Basic

4 2 Stomps 2 Claps

### INTRO\* (16 Beats)

4 Rocking Chair (1/2 L)

4 Fancy Double

8 REPEAT

### Part A (48 Beats)

8 Kentucky Toe Slur (1/2 R)

8 Rocker

8 Heel Walk

24 REPEAT

### Part B (32 Beats)

4 2 Basics

4 2 Stomps 2 Claps

4 2 Basics

4 Charleston

8 Cowboy

4 Donkey

4 Pivot Chain (Full R)

---

### Part C (16 Beats)

8 Brush & Touch (1/4L ea)

8 Samantha (1/2R)

8 2 Pull Basic

4 2 Stomps 2 Claps

### INTRO\*\* (8 Beats)

4 Rocking Chair

4 Fancy Double

### Part D (60 Beats)

8 Clogover

8 2 Charleston Brush

8 Clogover

4 Basketball Turn & Basic (1/4R)

4 Triple

4 Basketball Turn & Basic (1/4R)

4 Triple

4 Basketball Turn & Knee Pop (1/4R)

4 Stomp Double

4 Basketball Turn & Basic (1/4R)

4 Triple

4 Donkey

4 Pivot Chain (Full R)

### Part C\* (18 Beats)

8 Brush & Touch (1/4L ea)

8 Samantha (1/2R)

8 2 Pull Basic

4 2 Stomps 2 Claps

4 2 Basic

### Part C (16 Beats)

8 Brush & Touch (1/4L ea)

8 Samantha (1/2R)

8 2 Pull Basic

4 2 Stomps 2 Claps

### INTRO (32 Beats)

4 Rocking Chair (1/2 L)

4 Fancy Double

24 REPEAT

### Ending (Music Fades)

8 2 Clogover

## Step Definitions - Hurt So Good

### TOE HEEL CLOGOVER & CLAPS:

T-H(OTS) T-H(XIF) T-H(OTS) T-H(XIB) T-H(OTS) (P) CLAP (P) CLAP (P) CLAP  
L L R R L L R R L L  
& 1 & 2 & 3 & 4 & 5 & 6 & 7 & 8

### ROCKING CHAIR:

DS BR H DS RS  
L R L R LR  
&1 & 2 &3 &4

### FANCY DOUBLE:

DS DS RS RS  
L R LR LR  
&1 &2 &3 &4

### KENTUCKY TOE SLUR: Turn Right on SLR

DS DR-S(XIF) DS TT(XIB) S DS DR-S(XIF) (P) S(OTS) SLR-S  
L R R L R R L R R L R R  
&1 & 2 &3 & 4 &5 & 6 & 7 & 8

### ROCKER:

RS DS DS RS  
LR L R LR  
&1 &2 &3 &4

### HEEL WALK:

DS DS H(WGT) H(WGT) RS  
L R L R LR  
&1 &2 & 3 &4

### BASIC:

DS RS  
L RL  
&1 &2

### CHARLESTON:

DS TCH(F) H T-H(BK) RS  
L R L R R LR  
&1 & 2 & 3 &4

### CHARLESTON BRUSH:

DS TCH(F) H TT(BK) H BR H  
L R L R L R L  
&1 & 2 & 3 & 4

### COWBOY:

[DS DS DS BR(XIF) H] (FWD) [DS(XIF) R(BK) S(XIF) R(BK) S(XIF) R(BK) S(XIF)] (BK)  
L R L R L R L R L R L R  
&1 &2 &3 & 4 &5 & 6 & 7 & 8

### DONKEY:

DS TCH(XIF) H TCH(F) H RS  
L R L R L RL  
&1 & 2 & 3 &4

### PIVOT CHAIN:

DS [RS RS RS] (TURN)  
L RL RL RL  
&1 &2 &3 &4

### BRUSH & TOUCH:

DS BR H DS TCH H  
L R L R L R  
&1 & 2 &3 & 4

### PULL BASIC:

(P) S(DIAG) PULL-S(BS) DS RS  
L R R L RL  
& 1 & 2 &3 &4

### SAMANTHA:

DS DS(XIF) DR S(BK) DR S(BK) RS DS DS RS  
L R R L L R LR L R LR  
&1 &2 & 3 & 4 &5 &6 &7 &8

### CLOGOVER VINE:

DS(OTS) DS(XIF) DS(OTS) DS(XIB) DS(OTS) DS(XIF) DS RS  
L R L R L R L RL  
&1 &2 &3 &4 &5 &6 &7 &8

### BASKETBALL TURN:

(P) S(FWD) PVT(1/2) R) S  
L L R  
& 1 & 2

### BASKETBALL TURN & KNEE:

(P) S(DIAG) PULL-S(BS) DS (P) (KNEE POP)  
L R R L  
& 1 & 2 &3 & 4

### TRIPLE:

DS DS DS RS  
L R L RL  
&1 &2 &3 &4

### STOMP DOUBLE:

(P) STO DS DS RS  
L R L RL  
& 1 &2 &3 &4