

IT HURTS TO BE IN LOVE

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Music: "It Hurts To Be In Love" CD: "The Best Of Jay & The Americans" Track 9
Artist: Jay & The Americans **Speed:** As recorded (2:41)
Availability: Download from i-Tunes
Rhythm: Two step Phase II + 1 (Fishtail) + 1 (Syncopated Door)
Footwork: Directions for man, woman opposite except where noted. **Date:** Dec. 2014
Sequence: Intro A B A B C B Ending

INTRO

1-4 WAIT;; APT PT; TOG SCP TCH;
LOP WALL Wait lead notes & 2 meas;; Apt L,-, pt R,-; Tog R,-, tch L SCP,-;

PART A

1-4 2 FWD TS;; CUT BK;; DIP BK REC;
Fwd L, cl R, fwd L,-; Fwd R, cl L, fwd R,-; XLif, bk R, XLif, bk R; Bk L,-, rec R,-;

5-8 VIN APT & TOG;; HTCH 4; WLK PU;
Sd L, XRib, sd L,-; Sd R, XLib, sd R OP LOD;; Fwd L, cl R, bk L, cl R;
Fwd L,-, fwd R (W Fwd R,-, fwd L trn) CP LOD,-;

9-12 2 PROG SCIS;; FSHTL; WLK 2;
Sd L, cl R, XLif,-; Sd R, cl L, XRif BJO LOD,-; XLib, sd R, fwd L, lk R; Fwd L,-, fwd R,-;

13-16 FWD HTCH; HTCH SCIS SCP; BBALL TRN BFLY;;
Fwd L, cl R, bk L,-; Bk R, cl L, fwd R (W Fwd L trn, cl R, XLif) SCP LOD,-;
Fwd L trn,-, rec R trn,-; Fwd L trn,-, rec R trn BFLY WALL,-;

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PART B

- 1-4** **TRAV DR 2X;;;**
Rk sd L,-, rec R,-; XLif, sd R, XLif,-; Rk sd R,-, rec L,-; XRif, sd L, XRif,-;
- 5-8** **SYNC DR 2X;; VIN 8 SCP;**
Sd L/rec R, XLif,-,-; Sd R/rec L, XRif,-,-;
Sd L, XRib, sd L, XRif; Sd L, XRib, sd L, XRif SCP LOD;

PART C

- 1-4** **LACE UP;;;**
Under ld hnds Fwd L, cl R, fwd L,-; Fwd R, cl L, Fwd R,-;
Under trlg hnds Fwd L, cl R, fwd L,-; Fwd R, cl L, fwd R OP LOD,-;
- 5-8** **HTCH 6;; SCOOT; WLK 2 BFLY;**
Fwd L, cl R, bk L,-; Bk R, cl L, fwd R,-; Fwd L, cl R, fwd L, cl R; Fwd L,-, fwd R BFLY WALL,-;

END

- 1-4** **2 FWD TS;; TWO TRNG 2 STPS;;**
Repeat meas 1-2 PART A;; CP WALL Sd L, cl R, trn L,-; Sd R, cl L, trn R CP WALL,-;
- 5-8** **TRAV BOX;;;**
Sd L, cl R, fwd L,-; Trn & fwd R,-, fwd L,-; Sd R, cl L, bk R,-; Trn & fwd L,-, fwd R,-;
- 9-12** **VIN APT & TOG BFLY;; VIN 3; PT THRU & HOLD;**
Sd L, XRib, sd L,-; Sd R, XLib, sd R BFLY WALL,-;
Sd L, XRib, sd L,-; Pt R thru twd LOD,-,-,-;