

WORDS STILL HURT ME [AB]

Choreographer: **Wanda Heldt - Perth WA - Perth June 2023**

Music: **Words** Mickey Guyton - Lovely lyrics, but sad.

why people feel they need to be Mean or think they better than others.

2 Wall - 16 Count - Absolute Beginner Line dance

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<https://youtu.be/ZS7iwtkYwJI> Teach & Demo / <https://fb.watch/IUuER1XV6B> Demo no restarts
I have use smilier steps to teach **Sweep Back & Coaster in my other dance "I will be Waiting"**

Split floor with

[Words Still Hurt Fred Whitehouse - Beginners & Guests - Never let out :-\)](#)

PRISSY WALK FORWARD R.L. FORWARD RIGHT MAMBO, SWEEP BACK L.R. BACK COASTER

1-2 Walk forward crossing Right over Left, Walk forward crossing Left over Right.

3&4 Right forward Mambo

5-6 Sweep back on Left and Right

7&8 Back Left Coaster Step

Restart here on Wall 5 & Wall 12 at [12:00] or dance Through....

SLIGHT TURN TO RIGHT - SHUFFLE FORWARD R.L.R.

1/4 TURN LEFT SHUFFLE FORWARD L.R.L.

ROCK RIGHT FORWARD 1/4 TURN LEFT, RECOVER ON LEFT, CROSS RIGHT OVER LEFT

LEFT SIDE ROCK, RECOVER ON RIGHT, CROSS LEFT OVER RIGHT

1&2 Slight turn to Right Angel Shuffle forward Right, Left, Right

3&4 Left 1/4 turn Left, Shuffle forward Left, Right, Left [**9:00**]

5&6 Rock forward on Right 1/4 turn Left Recover on Left, Cross Right over Left [**6:00**]

7&8 Rock Left to Left, Recover on Right, Cross Left over Right.

Restart dance.....

HAVE FUN IN LIFE & IN DANCE

*Sad Lovely lyrics, It's Sad how some people feel they need to be Mean & Unkind or think they better than others.
Words do hurt ! but Stay Strong and keep Smiling and don't show it.*



Wanda Heldt Youtube channel / Silver Star Wanda'ers / AB&BEG.Only

LYRCS next Page.....

WORDS

Lyrics of the song by Micky Guyton

I'm not skinny enough

I'm not pretty enough

Feels like the world's on my back

They don't like the songs that I sing

And the man who gave me my ring

May even hate that I'm black

It's so much pressure feeling like I gotta smile
and let it go

To keep it all to myself and never let it show

Yeah, I am strong but I still cry

There's still darkness in my light

There's some days I just can't do it

Oh, what can I say?

I'm only human

And there's still lies in, in my truth

Sometimes I ain't bulletproof

Sticks and stones will never break my bones,
but Words still hurt me

Sometimes they lift you up

Just to pull you back down

And they fill you with doubt

They can tear you apart

Fix up your broken heart

Pick you up off the ground

It's so much pressure feeling like I gotta smile
and let it go

To keep it all to myself and never let it show

Yeah, I am strong but I still cry

There's still darkness in my light

There's some days I just can't do it

What can I say?

I'm only human

There's still lies in, in my truth

Sometimes I ain't bulletproof, oh

Sticks and stones will never break my bones,
but Words still hurt me

If we can love a little more

Hate a little less

Love a little more

If we could love a little more (Hate a little less)

Hate a little less

That we could love a little more, love a little more

Yeah, oh

Yeah, I am strong but I still cry

There's still darkness in my light

There's some days I just can't do it

Oh, what can I say?

I'm only human

There's still lies in, in my truth

Sometimes, I ain't bulletproof, oh

Sticks and stones will never break my bones, but
Words still hurt me

Words still hurt me