

Midland Cha

Count: 32

Wall: 4

Level: Improver

Choreographer: Tina Argyle (UK) - January 2020

Music: Put the Hurt on Me - Midland : (Single Download, also on Let It Roll Album)



No Tags No Re-Starts

Count In : 32 counts from start of track approx 19 seconds in

Side Together Forward, L Shuffle Back.Rock Back, Recover, Shuffle Forward

- 1,2,3 Step R to right side, close L at side of R, step forward R
- 4&5 Step back L, close R at side of L, step back L
- 6 -7 Rock back R, recover weight onto L
- 8&1 Step forward R, close L at side of R, step forward R

Step ¼ Turn, Cross Shuffle. Side Rock Recover, Cross, Side, Cross Rock

- 2 -3 Step forward L, make ¼ turn right onto R (3 o'clock)
- 4&5 Cross L over R, step R to right side, cross L over R
- 6 -7 Rock R to right side, recover weight onto L
- 8 &1 Cross R over L, step L to left side, Cross rock R over L

Recover, Step Side. Samba Step. Cross, Side, Sailor ¼ Turn

- 2 -3 Recover weight back onto L, Step R to right side
- 4 &5 Cross L over R, Step R in place, Step L to left side
- 6 -7 Cross R over L, Step L to left side
- 8 &1 Make ¼ turn right stepping back R, step L at side of R, Step R in place (6 o'clock)

Skate Forward x2. Shuffle. ½ Pivot Turn ¼ Chasse

- 2 -3 Skate forward L then R
- 4 &5 Step forward L, Close R at side of L, Step forward L
- 6 -7 Step forward R, Make ½ turn left onto L (12 o'clock)
- 8& Make ¼ turn L stepping R to right side, Close L at side of R (9 o'clock)

(1) Step R to right side to start the dance again

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Last Update - 15 Jan 2020 -R2