

# Put The Hurt On Me

**COPPER** **KNOB**  
BY STEPHANIE

**Compte:** 32

**Mur:** 4

**Niveau:** Improver

**Chorégraphe:** Denisse Delgado (MEX) - July 2019

**Musique:** Put the Hurt on Me - Midland



## **CROSS ROCK, RECOVER, CHA CHA R, SWAY L&R, LF BACK, CROSS RF, STEP LF SIDE**

- 1, 2            Cross RF over L, Recover LF  
3&4            Step RF to side, LF next to right, Step RF to side  
5, 6            Hip to the left, Hip to the right  
7&8            LF behind, Cross RF over left, Step LF to side

## **ROCK, RECOVER, CHA CHA R, ¼ TURN TO R and STEP LF, ½ TURN TO R, POINT LF FORWARD, HOLD**

- 1, 2            Rock RF back, Recover LF  
3&4            Step RF to side, LF next to right, Step RF to side  
5, 6            ¼ turn to R and Step LF forward, ½ turn to R (9:00)  
7, 8            Point LF forward, Hold

## **BALL CHANGE, ROCK RF FORWARD, RECOVER LF, STEP RF BACK, SAILOR ¼, STEP RF FORWARD, ½ TURN TO L**

- & 1,2           Step RF forward, Step LF forward, Rock RF forward  
3, 4            Recover LF, Step RF Back  
5&6            ¼ turn to L and Cross right behind left, step left to side, step right to side  
7, 8            Step right foot forward, ½ turn to Left

## **¼ TURN TO L, STEP RF, SLIDE LF, ROCK LF BACK, CROSS RL, STEP LF TO SIDE, SWAY R&L, ROCK, RECOVER**

- 1, 2            ¼ turn to L and Step right foot to side, Slide with right foot  
&3,4            Rock LF bak, Cross RF over L, Step LF to side  
5,6            Hip to the right, Hip to the left  
7, 8            Rock RF back, Recover LF

## **TAG: 2nd wall after 4th section: SHUFFLE FORWARD RF, ROCK LF, RECOVER RF, SHUFFLE BACK LF, ROCK RF RECOVER LF, ½ TURN TO L, ½ TURN TO L**

Enjoy it!!

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