

Put The Hurt On Me

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!!

Contact: dennisedelgado97@gmail.com