

Midland Cha

Compte: 32

Mur: 4

Niveau: Improver



Chorégraphe: Tina Argyle (UK) - January 2020

Musique: 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

E-mail: - vineline@hotmail.co.uk

Last Update - 15 Jan 2020 -R2