

# Hurt Rumba

**Compte:** 32

**Mur:** 4

**Niveau:** High Beginner

**Chorégraphe:** Chatti the Valley (ES) - January 2020

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



**Intro: 32**

**[1-8]: Right MAMBO CROSS ¼ TURN, HOLD, Left HINGE TURN, CROSS, HOLD.**

- 1 Step right forward
- 2 ¼ turn left, weight on left foot (9:00)
- 3 Cross right over left
- 4 Hold
- 5 ¼ turn left, step left back
- 6 ¼ turn left, step right to right side (3:00)
- 7 Cross left over right foot
- 8 Sweep right foot from back to front

**[9-16]: Right CROSS, SIDE, BEHIND, Left SWEEP, BEHIND, SIDE, CROSS, Right SWEEP.**

- 1 Cross right over left
- 2 Step left to left side
- 3 Step right behind left foot
- 4 Sweep left foot from front to back
- 5 Step left behind right foot
- 6 Step right to right side
- 7 Cross left over right
- 8 Sweep right foot from back to front

**[17-24]: Right MAMBO ROCK, HOLD, Left COASTER STEP, HOLD**

- 1 Step right forward
- 2 Recover weight on left foot
- 3 Step right back
- 4 Hold
- 5 Step left back
- 6 Step right back, beside left foot
- 7 Step left forward
- 8 Hold

**[25-32]: Right RUMBA BOX Back, Left RUMBA BOX Forwd.**

- 1 Step right to right side
- 2 Step left beside right foot
- 3 Step right back
- 4 Hold
- 5 Step left to left side
- 6 Step right beside left foot
- 7 Step left forward
- 8 Hold

**START AGAIN**

**NOTE:** We can put different "Restarts", because the music allows it, but I prefer to dance without them, to write an easy dance.

