

Hurtin' On Me

拍数: 64 墙数: 2 级数: High Improver
编舞者: Nicola Lafferty (UK) - November 2014
音乐: Hurtin' On Me - Chris Carmack : (Album: The Music of Nashville, Season 2, Volume 2, Deluxe)



Intro: Begin on main vocals (approx 16 secs from start)

[1-8] □□2 Stomps, 2 Side Touches, 2 Stomps

1,2 Stomp RF in place, Stomp LF next to RF
3,4 Touch RF to R side, Close RF to LF
5,6 Touch LF to L side, Close LF to RF
7,8 Stomp RF in place, Stomp LF next to RF

[9-16] □□2 Toe Struts Fwd, Rock Fwd, Recover, Back

1,2 Touch R toe fwd, Drop R heel
3,4 Touch L toe fwd, Drop L heel
5,6 Rock RF fwd, Recover weight to LF
7,8 Step RF back, Hold

[17-24] □□2 Quick Walks Back, 2 Slow Walks Back, Back, Close

1,2 Walk Back LF, Walk back RF (Q,Q)
3,4 Walk back LF, Hold (S)
5,6 Walk back RF, Hold (S)
7,8 Walk back on LF, Close RF to LF (Q,Q)

[25-32] □□2 Slow Walks Fwd, Step 1/4 Pivot, Cross

1,2 Step LF fwd, Hold (S)
3,4 Step RF fwd, Hold (S)
5,6 Step LF fwd, ¼ pivot turn to R (face 3.00) (Q,Q)
7,8 Cross LF over RF, Hold (S)

[33-40] □ Step Together, Step Touch, Step Touch, Step Brush

1,2,3,4 Step RF to R side, Close LF to RF, Step RF to R side, Touch LF next to RF
5,6 Step LF to L side, Touch RF next to LF
7,8 Step RF to R side, Brush LF fwd

[41-48] □ Cross Strut, Side Strut, Side Shuffle

1,2 Cross L toe over RF, Drop L heel
3,4 Touch R toe to R side, Drop R heel
5,6,7,8 Step LF to L side, Close RF to LF, Step LF to L side, Hold

[49-56] □ Stomp & Fan

1,2,3,4 Stomp RF fwd, Fan R foot to R, to L, to Centre
5,6,7,8 Stomp LF fwd, Fan L foot to L, to R, to Centre

[57-64] □ Rock, Recover, ¼ Turn Close, Heel Digs x2

1,2 Rock RF fwd, Recover weight to LF
3,4 Make ¼ turn to R as you step RF to R side, Close LF to RF
5,6 Touch R heel fwd, close RF to LF
7,8 Touch L heel fwd, Close LF to RF

Begin again

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