

# Hurtin' On Me

拍數: 64      牆數: 2      級數: High Improver  
編舞者: Nicola Lafferty (UK) - November 2014  
音樂: 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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