

Put The Hurt on Me

拍數: 60 牆數: 2 級數: Intermediate
編舞者: Maria Hennings Hunt (UK) - June 2019
音樂: Put the Hurt on Me - Midland



intro - 32 counts – start on vocals
not phased to music – no tag/restarts

SIDE CLOSE SHUFFLE FORWARDS, ROCK STEP, SHUFFLE HALF TURN

1-2 Step Right foot (RF) to side, close left foot (LF) to RF
3&4 Step RF forwards, close LF to RF, step RF Forwards
5-6 Rock forwards on LF, recover weight RF
7&8 Turn ½ L, stepping forwards on LF, close RF to LF, step LF forwards (6:00)

SIDE CLOSE SHUFFLE FORWARDS, ROCK STEP, CHASSE ¼ LEFT

1-2 Step RF to side, close left foot to RF
3&4 Step RF forwards, close LF to RF, step RF Forwards
5-6 Rock forward on LF, recover weight onto RF
7&8 Turn ¼ L stepping Lf to side, close RF to Lf, step LF to side (3:00)

CROSS SIDE, CROSS & CROSS, SIDE ROCK, BEHIND SIDE CROSS

1-2 Cross RF over LF, step LF to side
3&4 Cross RF over LF, step LF to side, cross RF over LF
5-6 Rock LF to side, recover weight RF
7&8 Step LF behind RF, step RF to side, cross LF over RF (3:00)

SIDE, DRAG/HOLD, BEHIND SIDE CROSS, R SIDE ROCK, SAILOR ½ TURN

1-2 Step RF to side, drag/hold
3&4 Step LF behind RF, step RF to side, cross LF over RF
5-6 Rock RF to side, recover LF
7&8 Swing RF behind LF, turning ½ R, rock LF to side, recover RF (9:00)

L SIDE ROCK, SAILOR ½ TURN, SIDE, ¼ HOOK, L LOCK STEP FWD

1-2 Rock LF to side, recover RF
3&4 Swing LF behind RF turning ½ to L, rock RF to side, recover LF
5-6 Step RF to side, turn 1/4 L, hooking LF in front of right leg
7&8 Step LF forwards, lock RF behind LF, step LF forwards (12:00)

STEP LOCK, STEP LOCK STEP, FORWARD ROCK, L COASTER STEP

1-2 Step forward RF, lock LF behind RF
3&4 Step RF forwards, lock LF behind RF, step RF forwards
5-6 Rock forward on LF, recover weight RF
7&8 Step back LF, close RF to LF, step LF forwards (12:00)

R ROCKING CHAIR, ROCK ¼ CROSS SHUFFLE

1-4 Rock forward RF, recover weight LF, rock back RF, recover weight LF
5-6 Step RF forwards, turn ¼ L, weight on LF
7&8 Cross RF over LF, step LF to side, cross RF over LF (9:00)

WEAVE ¼, TOUCH

1-4 Step LF to side, cross RF behind LF, step LF ¼ turn, touch RF next to LF (6:00)

REPEAT

Contact: www.dancegeneration.co.uk - 078 118 23467

Last Update – 2 July 2019
