

# 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**

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Last Update – 2 July 2019

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