

# Hurt On Me

**COPPER KNOB**  
STEPSHETS

拍數: 32      牆數: 4      級數: Beginner  
編舞者: Sue Langridge (UK) - August 2019  
音樂: Put the Hurt on Me - Midland



## Start on Vocals

### Cross Rock, shuffles

1 2 3&4      Rock R over L, recover on L, shuffle RLR to R side  
5 6 7&8      Rock L over R, recover on R, shuffle LRL to L side

### Cross Taps, Sweeps, Coaster Step

9 10 11 12      Cross R over L, tap L to L side, step L behind R, tap R to R side  
12 14 15&16      Sweep R back, sweep L back, step back on R, step L beside R, step fwd. R

### Forward, Pivot Turn, Back Lock Back, Back Rock, Shuffle ½ Turn

17 18 19&20      Step fwd. on L, pivot ½ turn to L stepping back on R, Step back L, lock R front of L, step back L  
21 22 23&24      Rock back on R, recover on L, shuffle ½ turn to L stepping RLR

### Sweeps, Coaster Step, Hip Sways, Turn

25 26 27&28      Sweep L back, sweep R back, step back on L, step R beside L, fwd. on L  
29 30 31 32      Stepping on R sway hips R then L, sway hips R then L turning a ¼ turn R

**TAG: 4 Count Tag - At end of wall 6 there is a change in music,  
Dance 2 x kickball changes on R foot, - Restart.**

1&2 3&4      Kick R fwd., step R in place, step L beside R

**Last Update – 21 Aug. 2019 - R2**

---