

Hurting On Me

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Count: 64 **Wall:** 2 **Level:** Improver / Intermediate

Choreographer: Sophie Ruhling (France) March 2019

Music: Hurting On Me by Nashville Cast feat. Chris Carmack - 180 bpm

#48 count intro - 3 TAG - 1 RESTART - 1 ENDING

Based on the dance Sounds Like Love choreographed by Sophie Ruhling in August 2018, but with different tags and restarts

SECT.1 : LOCKED TRIPLE R BACK, HOLD, COASTER STEP L BACK, HOLD

1-2back R, back L locked over R

3-4back R , hold

5-6back L, back R beside L

7-8walk L, hold

SECT.2 : LOCKED TRIPLE R FWD, HOLD, POINT L SIDE, TOUCH L BESIDE R, POINT L SIDE, HOLD

1-2walk R, walk L locked behind R

3-4walk R, hold

5-6point L to L side, touch L beside R

7-8point L to L side, hold

*restart here wall 4 (6.00): step L in place on count 8

SECT.3 : SAILOR STEP L, HOLD, POINT R SIDE, TOUCH R BESIDE L, POINT R SIDE, HOLD

1-2cross L behind R, step R to R side

3-4step L to L side, hold

5-6point R to R side, touch R beside L

7-8point R to R side, hold

SECT.4 : SAILOR STEP R, HOLD, 1/2 TURN L TRIPLE STEP L, HOLD

1-2cross R behind L, step L to L side

3-4step R to R side, hold

5-61/4 turn L step L to L side, step R beside L (9.00)

7-81/4 turn L walk L, hold (6.00)

SECT.5 : R DIAGONAL TRIPLE STEP R FWD, HOLD, L DIAGONAL TRIPLE STEP L FWD, HOLD

1-2walk R diagonal R, walk L beside R

3-4walk R diagonal R, hold

5-6walk L diagonal L, walk R beside L

7-8walk L diagonal L, hold

SECT.6 : STEP R SIDE, SLIDE & STEP L BESIDE R, CROSS R OVER L, HOLD, STEP L SIDE, SLIDE & STEP R BESIDE L, CROSS L OVER R, HOLD

1-2step R to R side, slide and step L beside R

3-4cross R over L, hold

5-6step L to L side, slide and step R beside L

7-8cross L over R, hold

***ending here wall 9 (12.00) : stomp R to R side**

SECT.7 : 1/2 TURN R TRIPLE STEP R FWD, HOLD, 1/2 TURN R TRIPLE STEP L BACK, HOLD

1-21/4 turn R step R to R side, step L beside R (9.00)

3-41/4 turn R walk R, hold (12.00)

5-61/4 turn R step L to L side, step R beside L (3.00)

7-8 1/4 turn R back L, hold (6.00)

SECT.8 : RUMBA BOX R AND BACK, HOLD, RUMBA BOX L AND FWD, HOLD

1-2 step R to R side, step L beside R

3-4 back R, hold

5-6 step L to L side, step R beside L

7-8 walk L, hold

***tag here walls 3 (6.00) & 6 (6.00) & 7 (12.00) : repeat sections 7&8**

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