

Put The Hurt on Me

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Count: 60 **Wall:** 2 **Level:** Intermediate

Choreographer: Maria Hennings Hunt (UK) June 2019

Music: Put The Hurt On Me by 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 $\frac{1}{2}$ L, stepping forwards on LF, close RF to LF, step LF forwards (6:00)

SIDE CLOSE SHUFFLE FORWARDS, ROCK STEP, CHASSE $\frac{1}{4}$ 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 $\frac{1}{4}$ 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 $\frac{1}{2}$ 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 $\frac{1}{2}$ R, rock LF to side, recover RF (9:00)

L SIDE ROCK, SAILOR $\frac{1}{2}$ TURN, SIDE, $\frac{1}{4}$ HOOK, L LOCK STEP FWD

- 1-2** Rock LF to side, recover RF
- 3&4** Swing LF behind RF turning $\frac{1}{2}$ to L, rock RF to side, recover LF
- 5-6** Step RF to side, turn $\frac{1}{4}$ 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 $\frac{1}{4}$ CROSS SHUFFLE

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

WEAVE $\frac{1}{4}$, TOUCH

- 1-4** Step LF to side, cross RF behind LF, step LF $\frac{1}{4}$ turn, touch RF next to LF (6:00)

REPEAT

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Last Update - 2 July 2019