



Put The Hurt On Me

28 Count, 4 Wall, Improver

Choreographer: Judy Rodgers (USA) Jan 2020
Choreographed to: Put The Hurt On Me by Midland

32 count intro

1 tag (danced 2 times), and 2 restarts

S1: Step, turn 1/2 L, turn 1/4 L, hold, rock recover, turn 1/4 R shuffle

1-2 Step L fwd, turn 1/2 left step R back
3-4 Turn 1/4 left step L to left side, hold 3:00
5-6 Cross rock R over L, recover L
7&8 Turn 1/4 right shuffle fwd R L R 6:00

S2: Turn 1/4 R side, behind, turn 1/4 L shuffle, step, turn 1/4 L, cross side rock

1-2 Turn 1/4 right step L to left side, step R behind L 9:00
3&4 Turn 1/4 left shuffle fwd L R L 6:00
5-6 Step R fwd, turn 1/4 left L to left side 3:00
7&8 Cross R over L, rock L to left side, recover R
***Restart here on Wall 3 facing 9:00

S3: Step, point, sailor turn 1/2 R, rock, recover, coaster step

1.2 Step L to fwd, point R to side
3&4 Turn 1/2 right step R behind L, step left to left side, step R to right side 9:00
***Restart here on Wall 7 facing 9:00
5-6 Rock L fwd, recover R
7&8 Step L back, step R beside L, step L fwd

S4: Step/sway, sway, sway, hold

1.4 Step/sway R, L, R, hold

TAG: 4-count tag is danced after Wall 1 (facing 9:00) and after Wall 9 (facing 3:00) : Rocking chair

1-4 Rock L fwd, recover R, rock L back, recover R

2 RESTARTS: Wall 3 starts 6:00, dance 16 counts and restart facing 9:00
Wall 7 starts 12:00, dance 20 counts and restart facing 9:00

Facing: 12-tag, 9, 6-restart, 9, 6, 3, 12-restart, 9, 6-tag, 3(end facing 12:00)



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contact@linedancerweb.com



, 166 Lord Street, Southport, United Kingdom, PR9 0QA

Tel: +44 (0)1704 392300 Fax: +44 (0)671 900 5788 *charged at 10p per minute

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