

# Hurt Me

**Count:** 32    **Wall:** 2    **Level:** Beginner

**Choreographer:** Esmeralda v.d. Pol – October 2019

**Music:** "Hurt Me " by Meghan Trainor



**Intro : start on vocals, 16 counts**

## **WALK FWD, SHUFFLE FWD, ROCK FWD, SHUFFLE BACK**

1-2                    Step RF fwd, Step LF fwd  
3&4                   Step RF fwd, Step LF next to RF, Step RF fwd  
5-6                   Rock LF fwd, Recover weight on RF  
7&8                   Step LF back, Step RF next to LF, Step LF back

## **WALK BACK, COASTER CROSS, SIDE ROCK, CROSS SHUFFLE**

1-2                    Step RF back, Step LF back  
3&4                    Step RF back, Step LF next to RF, Step RF across LF  
5-6                    Rock LF to L side, Recover weight on RF  
7&8                    Cross LF over RF, Step RF to R side, Cross LF over RF

## **SIDE ROCK, CROSS SHUFFLE, CHASSE L, BACK ROCK**

1-2                    Rock RF to R side, Recover weight on LF  
3&4                    Cross RF over LF, Step RF to R side, Cross RF over LF  
5&6                    Step LF to L side, Step RF next to LF, Step LF to L side  
8                        Rock RF back, Recover weight on LF

## **JAZZ BOX 1/4 TURN X2**

1-2                    Cross RF over LF, 1/4 turn R-step LF back  
3-4                    Step RF to R side, Step LF fwd  
5-6                    Cross RF over LF, 1/4 turn R-step LF back  
7-8                    Step RF to R side, Step LF fwd

## **Dance With Esmeralda**

**Esmeralda v.d. Pol**

[www.esmeralda-dancers.com](http://www.esmeralda-dancers.com)

[info@esmeralda-dancers.com](mailto:info@esmeralda-dancers.com)