

Hurt On Me

COPPER KNOB
STEPSHEETS

Count: 32

Wall: 4

Level: Beginner

Choreographer: Sue Langridge (UK) - August 2019

Music: 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
