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| Hurtin' On Me |  |

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| **拍数:** | 64 | **墙数:** | 2 | **级数:** | High Improver | . |
| **编舞者:** | Nicola Lafferty (UK) - November 2014 | | | | |
| **音乐:** | Hurtin' On Me - Chris Carmack : (Album: The Music of Nashville, Season 2, Volume 2, Deluxe) | | | | |
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**Intro: Begin on main vocals (approx 16 secs from start)**

**[1-8] 2 Stomps, 2 Side Touches, 2 Stomps**

|  |  |
| --- | --- |
| 1,2 | Stomp RF in place, Stomp LF next to RF |

|  |  |
| --- | --- |
| 3,4 | Touch RF to R side, Close RF to LF |

|  |  |
| --- | --- |
| 5,6 | Touch LF to L side, Close LF to RF |

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| --- | --- |
| 7,8 | Stomp RF in place, Stomp LF next to RF |

**[9-16] 2 Toe Struts Fwd, Rock Fwd, Recover, Back**

|  |  |
| --- | --- |
| 1,2 | Touch R toe fwd, Drop R heel |

|  |  |
| --- | --- |
| 3,4 | Touch L toe fwd, Drop L heel |

|  |  |
| --- | --- |
| 5,6 | Rock RF fwd, Recover weight to LF |

|  |  |
| --- | --- |
| 7,8 | Step RF back, Hold |

**[17-24] 2 Quick Walks Back, 2 Slow Walks Back, Back, Close**

|  |  |
| --- | --- |
| 1,2 | Walk Back LF, Walk back RF (Q,Q) |

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| --- | --- |
| 3,4 | Walk back LF, Hold (S) |

|  |  |
| --- | --- |
| 5,6 | Walk back RF, Hold (S) |

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| --- | --- |
| 7,8 | Walk back on LF, Close RF to LF (Q,Q) |

**[25-32] 2 Slow Walks Fwd, Step 1/4 Pivot, Cross**

|  |  |
| --- | --- |
| 1,2 | Step LF fwd, Hold (S) |

|  |  |
| --- | --- |
| 3,4 | Step RF fwd, Hold (S) |

|  |  |
| --- | --- |
| 5,6 | Step LF fwd, ¼ pivot turn to R (face 3.00) (Q,Q) |

|  |  |
| --- | --- |
| 7,8 | Cross LF over RF, Hold (S) |

**[33-40] Step Together, Step Touch, Step Touch, Step Brush**

|  |  |
| --- | --- |
| 1,2,3,4 | Step RF to R side, Close LF to RF, Step RF to R side, Touch LF next to RF |

|  |  |
| --- | --- |
| 5,6 | Step LF to L side, Touch RF next to LF |

|  |  |
| --- | --- |
| 7,8 | Step RF to R side, Brush LF fwd |

**[41-48] Cross Strut, Side Strut, Side Shuffle**

|  |  |
| --- | --- |
| 1,2 | Cross L toe over RF, Drop L heel |

|  |  |
| --- | --- |
| 3,4 | Touch R toe to R side, Drop R heel |

|  |  |
| --- | --- |
| 5,6,7,8 | Step LF to L side, Close RF to LF, Step LF to L side, Hold |

**[49-56] Stomp & Fan**

|  |  |
| --- | --- |
| 1,2,3,4 | Stomp RF fwd, Fan R foot to R, to L, to Centre |

|  |  |
| --- | --- |
| 5,6,7,8 | Stomp LF fwd, Fan L foot to L, to R, to Centre |

**[57-64] Rock, Recover, ¼ Turn Close, Heel Digs x2**

|  |  |
| --- | --- |
| 1,2 | Rock RF fwd, Recover weight to LF |

|  |  |
| --- | --- |
| 3,4 | Make ¼ turn to R as you step RF to R side, Close LF to RF |

|  |  |
| --- | --- |
| 5,6 | Touch R heel fwd, close RF to LF |

|  |  |
| --- | --- |
| 7,8 | Touch L heel fwd, Close LF to RF |

**Begin again**

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