

Hurt Me

Choreographed : Esmeralda van de Pol 2019
Description : 32 counts, 2 wall Beg
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
7-8 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

info@esmeralda-dancers.com