



Approved by:

Nicola

Hurtin' On Me

2 WALL – 64 COUNTS – IMPROVER

STEPS	ACTUAL FOOTWORK	CALLING SUGGESTION	DIRECTION
Section 1 1 – 2 3 – 4 5 – 6 7 – 8	Stomp x 2, Side Touch x 2, Stomp x 2 Stomp right in place. Stomp left beside right. Touch right to side. Step right beside left. Touch left to side. Step left beside right. Stomp right in place. Stomp left beside right.	Stomp Stomp Touch Together Touch Together Stomp Stomp	On the spot
Section 2 1 – 2 3 – 4 5 – 6 7 – 8	Toe Strut x 2, Forward Rock, Back, Hold Step right toe forward. Drop right heel taking weight. Step left toe forward. Drop left heel taking weight. Rock forward on right. Recover onto left. Step right back. Hold.	Right Strut Left Strut Rock Forward Back Hold	Forward On the spot Back
Section 3 1 – 2 3 – 4 5 – 6 7 – 8	Quick Walk Back x 2, Slow Walk Back x 2, Back, Together Walk back left. Walk back right (Q, Q) Walk back left. Hold. (S) Walk back right. Hold. (S) Walk back left. Step right beside left. (Q, Q)	Back Back Back Hold Back Hold Back Together	Back
Section 4 1 – 4 5 – 6 7 – 8	Slow Walk Forward x 2, Step Pivot 1/4, Cross, Hold Step left forward. Hold. Step right forward. Hold. (S, S) Step left forward. Pivot 1/4 turn right. (3:00) (Q, Q) Cross left over right. Hold. (S)	Step Hold Step Hold Step Pivot Cross Hold	Forward Turning right Right
Section 5 1 – 4 5 – 6 7 – 8	Side Together, Side Touch, Side Touch, Side Brush Step right to side. Step left beside right. Step right to side. Touch left beside right. Step left to side. Touch right beside left. Step right to side. Brush left forward.	Side Together Side Touch Side Touch Side Brush	Right Left Right
Section 6 1 – 2 3 – 4 5 – 6 7 – 8	Cross Strut, Side Strut, Side Together, Side Hold Cross left toe over right. Drop left heel taking weight. Step right toe to side. Drop right heel taking weight. Step left to side. Step right beside left. Step left to side. Hold.	Cross Strut Side Strut Side Together Side Hold	Right Left
Section 7 1 – 4 5 – 8	Stomp, Fan (Right & Left) Stomp right forward. Fan right foot - right, then left, then to centre. Stomp left forward. Fan left foot - left, then right, then to centre.	Stomp Fan Stomp Fan	On the spot
Section 8 1 – 2 3 – 4 5 – 6 7 – 8	Forward Rock, 1/4 Turn Together, Heel Dig x 2 Rock forward on right. Recover onto left. Turn 1/4 right stepping right to side. Step left beside right. (6:00) Touch right heel forward. Step right beside left. Touch left heel forward. Step left beside right.	Rock Forward Quarter Together Heel Together Heel Together	On the spot Turning right On the spot

Choreographed by: Nicola Lafferty (UK) November 2014

Choreographed to: 'Hurtin' On Me' by Chris Carmack from CD The Music Of Nashville, Season 2, Volume 2; download available from amazon or iTunes (start on main vocals, approx 16 secs)



A video clip of this dance is available at www.linedancermagazine.com