

# Hurt Me

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**Choregraphie par :** Esmeralda v.d. Pol

**Description :** 32 temps, 2 murs, Débutant,  
Octobre 2019

**Musique :** « 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)**

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