

## Midland Cha

32 count, 4 wall, improver level

Choreographer: Tina Argyle, January 2020

Choreographed to: "Put The Hurt On Me" by Midland

Count In: 32 counts from start of track, approx. 19 seconds in

### Section 1 Side Together Forward, L Shuffle Back, Rock Back, Shuffle Forward

1-3 Step R to right side, close L at side of R, step forward R

4&5 Step back L, close R at side of L, step back L

6-7 Rock back R, recover weight onto L

8&1 Step forward R, close L at side of R, step forward R

### Section 2 Step 1/4 Turn, Cross Shuffle, Side Rock, Cross Shuffle

2-3 Step forward L, make 1/4 turn right onto R (3:00)

4&5 Cross L over R, step R to right side, cross L over R

6-7 Rock R to right side, recover weight onto L

8&1 Cross R over L, step L to left side, Cross rock R over L

### Section 3 Recover, Step Side, Samba Step, Cross, Side, Sailor 1/4 Turn

2-3 Recover weight back onto L, Step R to right side

4&5 Cross L over R, Step R in place, Step L to left side

6-7 Cross R over L, Step L to left side

8&1 Make 1/4 turn right stepping back R, step L at side of R, Step R in place (6:00)

### Section 4 Skate Forward L+R, Shuffle, 1/2 Pivot Turn, 1/4 Chasse

2-3 Skate forward L, skate forward R

4&5 Step forward L, Close R at side of L, Step forward L

6-7 Step forward R, Make 1/2 turn left onto L (12:00)

8& Make 1/4 turn L stepping R to right side, Close L at side of R (9:00)

(1) Step R to right side to start the dance again

Quelle:

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