



Hurt Me So

Type: 32 counts, 4 wall
Level: intermediate
Choreographer: Scott Blevins (Oct 2011)
Music: Hurt Me So (Lack of Afro Mix) by The Diplomats of Solid Sound. Album: "The Diplomats of Solid Sound Featuring The Diplomettes", single or album

32 count intro. Start dancing around 21 seconds in.

[1 - 8]

- | | | |
|--------|---|----------|
| 1,2 | 1) Press R to right side and slight forward diagonal; | |
| | 2) Recover weight to L | |
| 3&4 | 3) Step R behind L; | |
| | &) Step side L; | |
| | 4) Step R across L | |
| &5,6,7 | &) Turn $\frac{1}{4}$ right stepping back L | [3:00]; |
| | 5) Step R together; | |
| | 6) Step forward L; | |
| | 7) Step forward R | |
| &8& | &) Turn $\frac{1}{4}$ right stepping side L | [6:00]; |
| | 8) Turn $\frac{1}{2}$ right stepping side R | [12:00]; |
| | &) Step L across R | |

[9-16]

- | | | |
|---------|--|---------|
| 1,2,3,4 | 1) Step side R; | |
| | 2) Step ball of L across R; | |
| | 3) "Unwind" $\frac{1}{2}$ * right, stepping side R | [6:00]; |
| | 4) Step L across R | |

**Option for count 3: Unwind 1 $\frac{1}{2}$ turns right on ball of R to end at 6:00 wall*

- | | | |
|------|--|---------|
| 5&6 | "C" Bump: | |
| | 5) Push up on ball of R foot with straight leg and bump R hip to side and "up" (top of "C" curve); | |
| | &) Change weight to L releasing pressure from ball of R foot (middle of "C" curve); | |
| | 6) Bend knees slightly and push R hip to side (bottom of "C" curve) to "sit" over R leg | |
| 7&8& | 7) Turn $\frac{1}{4}$ left stepping forward L | [3:00]; |
| | &) Step forward R; | |
| | 8) Pivot $\frac{1}{2}$ left taking weight forward on L | [9:00]; |
| | &) Turn $\frac{1}{4}$ left stepping side R | [6:00] |

[17-24]

- | | | |
|------|--|---------|
| 1,2 | 1) Step L across R and "torque" (twist) upper body to left [feet 6:00, upper body 4:00]; | |
| | 2) Turn $\frac{1}{4}$ right stepping forward R | [9:00] |
| 3&4 | 3) Step forward L; &) Pivot $\frac{1}{2}$ right taking weight forward on R | [3:00]; |
| | 4) Step forward L | |
| &5 | &) Pushing off ball of L, start sliding R foot into a large step forward; | |
| | 5) Finish slide step forward taking weight on R as you bring L foot next to R and "pop" L knee forward | |
| &6 | &) Pushing off ball of R, start sliding L foot into a large step forward; | |
| | 6) Finish slide step forward taking weight on L as you bring R foot next to L and "pop" R knee forward | |
| 7,8& | 7) Step forward R; | |
| | 8) Rock forward L; | |
| | &) Recover weight back on R | |

Continued....



Hurt Me So.. 2

[25-32]

- | | | |
|----------------|---|-----------------|
| 1 | 1) Step back L | |
| 2,3,4 | 2) Turn $\frac{1}{4}$ right stepping a large step side R bouncing down slightly [6:00]; | |
| | 3) Step L a large step across R bouncing down slightly; | |
| | 4) Turn $\frac{1}{4}$ right stepping a large step forward R bouncing down slightly | [9:00] |
| 5,6,7 | 5) Step forward L; | |
| | 6) Pivot $\frac{1}{2}$ right taking weight forward R | [3:00]; |
| | 7) Step forward L | |
| 8&a | 8) Turn $\frac{1}{4}$ left stepping back R | [12:00]; |
| | &) Turn $\frac{1}{2}$ left stepping forward L | [6:00]; |
| | a) Turn $\frac{1}{4}$ left | [3:00] |

(ready to step into count 1 at the top of the dance with the “press” at your new wall)

Begin Again and Enjoy!

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