



Step-In-Time Line Dancing

HEREFORDSHIRE

Dance: **Midland Cha**
Type: 32 Count, 4 Wall, Improver
Choreographer: Tuna Argle, January 2020
Choreographed to: Put The Hurt On Me by Midland (104 bpm, 3:03 min)

Intro: Start after count 32

Section 1 1/2 Rumba Box, Back Shuffle, Back Rock, Right Shuffle

1-3	Step right to right side. Step left beside right. Step right forward	Side, close, step
4&5	Step left back. Step right beside left. Step left back	Back shuffle
6,7	Rock back on right. Recover on left	Back rock
8&1	Step right forward. Step left beside right. Step right forward	Right shuffle

Section 2 Step Pivot 1/4, Cross Shuffle, Side Rock, Cross, Side

2,3	Step left forward. Pivot 1/4 turn right (3:00)	Step, pivot
4&5	Cross left over right. Step right to right side. Cross left over right	Cross shuffle
6,7	Rock to side on right. Recover on left	Side rock
8&	Cross right over left. Step left to left side	Cross, side

Section 3 Cross Rock, Side, Samba Step, Cross, Side, Sailor 1/4

1-3	Cross rock right over left. Recover on left. Step right to right side	Cross rock, side
4&5	Cross left over right. Rock to side on right. Recover on left	Samba step
6,7	Cross right over left. Step left to left side	Cross, side
8&1	Turn 1/4 right crossing right behind left (6:00). Step left to left side. Step right to right side	Sailor turn

Section 4 Skate x 2, Left Shuffle, Step Pivot 1/2, 1/4 Turn, Close

2,3	Slide left forward on diagonal (4:30). Slide right forward on diagonal (7:30)	Skate, skate
4&5	Step left forward (6:00). Step right beside left. Step left forward	Left shuffle
6,7	Step right forward. Pivot 1/2 turn left (12:00)	Step, pivot
8&	Turn 1/4 left stepping right to right side (9:00). Step left beside right	Turn, close
	<i>Non-turning steps 6-8&: Forward Rock, 1/4 Turn, Close</i>	
6,7	<i>Rock forward on right. Recover on left</i>	<i>Forward rock</i>
8&	<i>Turn 1/4 right stepping right to right side. Step left beside right</i>	<i>Turn, close</i>
