

Growing Pains

COPPER **KNOB**
STEPSHEETS

Count: 32

Wall: 4

Level: Absolute Beginner

Choreographer: Peter Jones (UK) & Anna Jones (UK) - February 2023

Music: Growing Pains - BRELAND : (Album: Cross Country)



Starts: 8 Counts In.

S1. Side Touches, Side, Together, Forward, Touch.

1-2-3-4 Step R To R Side, Touch L Next To R, Step L To L Side, Touch R Next To L.
5-6-7-8 Step R To R Side, Step L Next To R, Step Forward On R, Touch L Next To R. .

S2. Side Touches, Side, Together, Back, Hitch.

1-2-3-4 Step L To L Side, Touch R Next To L, Step R To R Side, Touch L Next To R.
5-6-7-8 Step L To L Side, Step R Next To L, Step Back On L, Hitch R Knee.

S3. Coaster Step, Scuff, Lock Step Forward, Scuff.

1-2-3-4 Step Back On R, Step L Next To R, Step Forward On R, Scuff L Next To R.
5-6-7-8 Step Forward On L, Step R Behind L, Step Forward On L, Scuff R Next To L.

S4. Step, Pivot $\frac{1}{4}$, Cross, Hold, Coaster Step, Hold.

1-2-3-4 Step Forward On R, Pivot $\frac{1}{4}$ L On L, Cross R Over L, Hold.
5-6-7-8 Step Back On L, Step R Next To L, Step Forward On L, Hold.
