

Growing Pains

COPPER KNOB
STEPSHEETS

Count: 64

Wall: 2

Level: Intermediate

Choreographer: Gianmarco Rossato (IT) - April 2024

Music: Growing Pains - BRELAND



***The given directions and clock reference are referred to the 1st wall

#1ST SECTION KICK BALL STEP, HITCH, STOMP, SWIVEL (X3), FLICK

- 1&2 Kick R fwd – Recover R beside L – Step L fwd
- 3-4 Hitch R fwd – Stomp R fwd
- 5-6 Swivel both heels to R side – Swivel both heels back to center
- 7-8 (turning h.6.00) Swivel both heels to R side – Flick L back

#2ND SECTION STEP-TOGETHER, KICK, STOMP, SKATE (X2), HEEL-STRUTT

- 1-2 Step L to L side – Close R beside L
- 3-4 Kick L fwd – Stomp L fwd
- 5-6 Skate R to R side going fwd – Skate L to L side going fwd
- 7-8 Touch heel R fwd – Bring weight on R foot

#3RD SECTION STEP-PIVOT, HALF TURN, STOMP-UP, TOE-STRUTT, KICK, CROSS

- 1-2 Step L fwd – Pivot ½ R turn (to h.12.00)
- 3-4 Half turn stepping L back (to h.6.00) – Stomp up R beside L
- 5-6 (turning ¼ R to h.9.00) Touch Point R to R side – Bring weight on R foot
- 7-8 Kick L fwd – Cross L over R

#4TH SECTION JAZZ-BOX, STEP, PIVOT, STEP, STOMP-UP (X2)

- 1-2 Step R back – Open L to L side
- 3-4 Cross R over L – (Turning ¼ L to h.600) Step L fwd
- 5-6 Pivot ½ R turn (to h.12.00) – Step L fwd
- 7-8 Double stomp-up with R foot beside L foot

#5TH SECTION COASTER STEP, STOMP, PIGEON TOE, KICK, STOMP

- 1-2 Step R back – Step L back beside R
- 3-4 Step R fwd – Stomp L beside R
- 5-6 Pigeon Toe to L side (open-close)
- 7-8 Kick R foot fwd – Stomp R foot beside L (keeping your toes pointing to the center)

#6TH SECTION PIGEON TOE, KICK (X2), COASTER STEP, SCUFF

- 1-2 Pigeon Toe to R side (open-close)
- 3-4 Double kick L fwd
- 5-6 Step L back – Step R back beside L
- 7-8 Step L fwd – Scuff R fwd

#7TH SECTION HEEL-STRUTT (X2), ROCK STEP, ½ TURN, SCUFF

- 1-2 Heel touch R fwd – Bring weight on R foot
- 3-4 Heel touch L fwd – Bring weight on L foot
- 5-6 Rock Step R to R side (facing h.3.00) – Recover weight on L
- 7-8 Turn ¼ R (to h.6.00) stepping R fwd – Scuff L fwd

#8TH SECTION JAZZ-BOX, STOMP-UP, RONDE' (X2)

- 1-2 Cross L over R – Step R back
- 3-4 Open L to L side – Stomp-up L beside R

- 5-6 With R point draw a complete circle (clockwise) on the ground to R side beside L (in 2 counts)
- 7-8 With R point draw a complete circle (clockwise) on the ground to R side beside L (in 2 counts)

RESTARTS

© 1st Restart: 2nd Wall, after the first 32 counts

© 2nd Restart: 5th Wall, after the first 32 counts

© 3rd Restart: 7th Wall, after the first 32 counts

Hope you have fun and enjoy dancing GROWING PAINS
