

# Painless

Count: 32

Wall: 2

Level: Improver

Choreographer: Walt Woolbright (USA) & Linda Woolbright (USA)

Music: Ain't Hurtin' Nobody - John Prine



## WALK, WALK, HEEL JACKS, OUT-OUT, KNEE POP

- 1-2 Walk forward right--left
- & Step back on right foot
- 3 Tap left heel forward & step left foot home
- 4 Step right foot next to left foot
- & Step back on left foot
- 5 Tap right heel forward & step right foot home
- 6 Step left next to right foot
- & Step right foot to right side
- 7 Step left foot to left side
- & Raising both heels off floor, pop both knees forward
- 8 Lower both heels to floor (weight on right foot)

## STEP CROSS, HOLD, CROSS STEPS, ROCK STEP TURN, SHUFFLE TURN

- & Step back on left foot
- 9 Cross step right foot over left
- 10 Hold
- & Step left foot to left side
- 11 Cross step right foot over left
- & Step left foot to left side
- 12 Cross step right foot over left
- 13 Rock left foot to left side
- 14 Recover onto right foot with  $\frac{1}{4}$  turn right (to the right)
- 15&16 Shuffle to right stepping left-right-left turning  $\frac{1}{2}$  turn right

## TURN, TURN, COASTER STEP, STEP, SWIVEL STEPS

- 17 Turning  $\frac{1}{2}$  turn to the right step back on right foot
- 18 Turning  $\frac{1}{2}$  turn to the right step forward on left foot
- 19&20 Step back on right foot, step left foot next to right foot, step forward on right foot
- 21 Step forward on left foot to about 1:00:00
- 22 Swivel walk right heel towards left foot
- 23 Swivel walk right toe towards left foot
- 24 Swivel walk right heel towards left foot

## STEP, SWIVEL STEPS, ROCK STEP, COASTER STEP

- 25 Step forward on right foot to about 11:00:00
- 26 Swivel walk left heel towards right foot
- 27 Swivel walk left toe towards right foot
- 28 Swivel walk left heel towards right foot
- 29 Cross rock left foot over right foot
- 30 Recover on right foot while turning to new wall
- 32&32 Step back on left foot, step right foot next to left, step forward on left foot now facing new wall

## REPEAT