

# Used To The Pain

Count: 0

Wall: 0

Level:

Choreographer: Thomas Wagner (DE)

Music: Used to the Pain - Keith Urban



Sequence: AABC, AB, AB, A

## PART A

### ROCK BACK, SHUFFLE FORWARD, PIVOT TURN ½ LEFT, FULL TURN LEFT

- 1-2 Rock back on left foot, recover on right foot  
3&4 Step left foot forward, step right foot next to left foot, step left foot forward  
5-6 Step right foot forward, ½ turn to the left  
7-8 ½ turn to the left stepping right foot forward, ½ turn to the left stepping left foot back

### SIDE ROCK, WAVE, SIDE ROCK, WAVE

- 1-2 Rock right foot to the right side, recover on left foot  
3&4 Cross right foot behind left foot, step left foot to the left side, cross right foot over left foot  
5-6 Step left foot to the left side, recover on right foot  
7&8 Cross left foot behind right foot, step right foot to the right side, cross left foot over right foot

### PIVOT TURN ¼ LEFT, CROSSING SHUFFLE, TURN ½ RIGHT, SHUFFLE FORWARD

- 1-2 Step right foot forward, ¼ turn to the left  
3&4 Cross right foot over left foot, step left foot behind right foot, step right foot forward  
5-6 ¼ turn right stepping left foot to the left side, ¼ turn right stepping right foot back  
7&8 Step left foot forward, step right foot next to left foot, step left foot forward

### ROCK STEP, TRIPLE TURN ½ RIGHT, TRIPLE TURN ½ RIGHT, COASTER STEP

- 1-2 Rock on right foot, recover on left foot  
3&4 ¼ turn right stepping right foot to the right side, step left foot next to right foot, ¼ turn right stepping right foot forward  
5&6 ¼ turn right stepping left foot forward, step right foot next to left foot, ¼ turn right stepping left foot to the left side  
7&8 Step right foot back, step left foot next to right foot, step right foot forward

### PIVOT TURN ½ RIGHT, PIVOT TURN ¼ RIGHT, CROSSING SHUFFLE, PIVOT TURN ¼ LEFT

- 1-2 Step left foot forward, ½ turn right  
3-4 Step left foot forward, ¼ turn right  
5&6 Cross left foot over right foot, step right foot behind left foot, step left foot forward  
7-8 Step right foot forward, ¼ turn left

### SHUFFLE FORWARD, SHUFFLE FORWARD, ROCK STEP, TRIPLE TURN ¾ RIGHT

- 1&2 Step right foot forward, step left foot next to right foot, step right foot forward  
3&4 Step left foot forward, step right foot next to left foot, step left foot forward  
5-6 Rock on right foot, recover on left foot  
7&8 ½ turn right stepping right foot forward, step left foot next to right foot, ¼ turn right stepping right foot forward

### SIDE ROCK, JAZZ BOX, POINTS RIGHT & LEFT, CROSS TURN ½ LEFT

- 1-2 Rock left foot to the left side, recover on right foot  
3&4 Cross left foot over right foot, step right foot to the right side, step left foot next to right foot  
5&6& Touch right toe to the right side, step right foot next to left foot, touch left toe to the left side, step left foot next to right foot

7-8 Cross right foot over left foot, ½ turn left (weight on right foot)

## **PART B**

### **ROCK BACK, CHASSÉ LEFT, ROCK BACK, CHASSÉ RIGHT WITH ¼ TURN RIGHT**

1-2 Rock back on left foot, recover on right foot  
3&4 Step left foot to the left side, step right foot next to left foot, step left foot to the left side  
5-6 Rock back on right foot, recover on left foot  
7&8 Step right foot to the right side, step left foot next to right foot, ¼ turn right stepping right foot forward

### **CROSS STEP, STEP BACK, LOCK STEPS BACK, ROCK BACK, POINTS RIGHT & LEFT**

1-2 Cross left foot over right foot, step right foot back  
3&4 Step left foot back, cross right foot over left foot, step left foot back  
5-6 Rock back on right foot, recover on left foot  
7&8& Touch right toe to the right side, step right foot next to left foot, touch left toe to the left side, step left foot next to right foot

### **ROCK STEP, COASTER STEP, PIVOT TURN ½ RIGHT, PIVOT TURN ¼ RIGHT**

1-2 Rock on right foot, recover on left foot  
3&4 Step right foot back, step left foot next to right foot, step right foot forward  
5-6 Step left foot forward, ½ turn right  
7-8 Step left foot forward, ¼ turn right

### **ROCK STEP, COASTER STEP, ROCK STEP, TRIPLE TURN ¾ RIGHT**

1-2 Rock on left foot, recover on right foot  
3&4 Step left foot back, step right foot next to left foot, step left foot forward  
5-6 Rock on right foot, recover on left foot  
7&8 ½ turn right stepping right foot forward, step left foot next to right foot, ¼ turn right stepping right foot forward

### **CHASSÉ LEFT, CHASSÉ RIGHT WITH ¼ TURN RIGHT, PIVOT TURN ¼ RIGHT, CROSS SIDE TURN ½ LEFT**

1&2 Step left foot to the left side, step right foot next to left foot, step left foot to the left side  
3&4 ¼ turn right stepping right foot to the right side, step left foot next to right foot, step right foot to the right side  
5-6 Step left foot forward, ¼ turn right  
7&8 Cross left foot over right foot, ¼ turn left stepping right foot back, ¼ turn left stepping left foot forward

### **SHUFFLE FORWARD, ROCK STEP, SAILOR TURN ¼ LEFT, PIVOT TURN ¼ RIGHT**

1&2 Step right foot forward, step left foot next to right foot, step right foot forward  
3-4 Rock on left foot, recover on right foot  
5&6 ¼ turn left stepping left foot back, step right foot to the right side, step left foot on place  
7-8 Step right foot forward, ¼ turn left

### **SHUFFLE FORWARD, SHUFFLE FORWARD, ROCK STEP, TRIPLE TURN ¾ RIGHT**

1&2 Step right foot forward, step left foot next to right foot, step right foot forward  
3&4 Step left foot forward, step right foot next to left foot, step left foot forward  
5-6 Rock on right foot, recover on left foot  
7&8 ½ turn right stepping right foot forward, step left foot next to right foot, ¼ turn right stepping right foot forward

### **SIDE ROCK, WAVE, SIDE ROCK, WAVE**

1-2 Rock left foot to the left side, recover on right foot  
3&4 Cross left foot behind right foot, step right foot to the right side, cross left foot over right foot

- 5-6 Rock right foot to the right side, recover on left foot  
7&8 Cross right foot behind left foot, step left foot to the left side, cross right foot over left foot

### **PART C**

#### **POINTS LEFT & RIGHT, ROCK STEP, COASTER STEP, PIVOT TURN ½ LEFT**

- 1&2& Touch left toe to the left side, step left foot next to right foot, touch right toe to the right side, step right foot next to left foot  
3-4 Rock on left foot, recover on right foot  
5&6 Step left foot back, step right foot next to left foot, step left foot forward  
7&8 Step right foot forward, ½ turn left stepping left foot on place, step right foot forward

#### **POINTS LEFT & RIGHT, ROCK STEP, COASTER STEP, SHUFFLE FORWARD**

- 1&2& Touch left toe to the left side, step left foot next to right foot, touch right toe to the right side, step right foot next to left foot  
3-4 Rock on left foot, recover on right foot  
5&6 Step left foot back, step right foot next to left foot, step left foot forward  
7&8 Step right foot forward, step left foot next to right foot, step right foot forward

### **TAG**

You dance this part in Part A at fourth time after 5th sequence

#### **WALKS, ROCK STEP, TURN ¾ RIGHT**

- 1-2 Step right foot forward, hold  
3-4 Step left foot forward, hold  
5-6-7 Rock on right foot, recover on left foot, ¾ turn right stepping right foot forward  
8 Hold

#### **SIDE ROCK, BEHIND SIDE CROSS**

- 1-2 Rock on left foot to the left side, hold  
3-4 Recover on right foot, hold  
5-6-7 Cross left foot behind right foot, step right foot to the right side, cross left foot over right foot  
8 Hold

#### **PIVOT TURN ¼ LEFT, SHUFFLE FORWARD**

- 1-2 Step right foot forward, hold  
3-4 ¼ turn left, hold  
5-6-7 Step right foot forward, step left foot next to right foot, step right foot forward  
8 Hold

#### **TURN ½ RIGHT, TURN ¾ RIGHT, SIDE ROCK**

- 1-2 ½ turn right stepping left foot back, hold  
3-4 ¾ turn right stepping right foot forward, hold  
5-6 Rock on left foot to the left side, hold  
7-8 Recover on right foot, hold
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