

# My Pain Killer

**Compte:** 64

**Mur:** 4

**Niveau:** Intermediate

**Chorégraphe:** Sandra Speck (UK) - March 2015

**Musique:** Pain Killer - Little Big Town : (Album: Pain Killer - iTunes)



**#32 count intro, (approx. 12 secs)**

## **S1. BACK ROCK TOE STRUT, FORWARD ROCK BACK STRUT**

- 1 – 4 Rock back on right foot, recover on to left, step forward on right toe, drop heel to floor  
5 – 8 Rock forward on left foot, recover on to right foot, step back on left toe, drop heel to floor

## **S2. COASTER STEP HITCH, JAZZ BOX ¼ CROSS**

- 1 – 4 Step back on right foot, close left next to right, step forward on right foot, hitch left knee next to right  
5 – 8 Cross left foot over right, step back on right foot, turn ¼ left stepping left to side, cross right foot over left

## **S3. SIDE TOUCH, SCISSOR STEP, 2 X ¼ TURN RIGHT**

- 1 – 4 Step left to side, touch right next to left, step right foot to side, close left foot next to right  
5 – 6 Cross right foot over left, hold for one count  
7 – 8 Turn ¼ right stepping back on left, turn ¼ right stepping right foot to side

## **S4. CROSS ROCK ¼ TURN, FULL TURN, ¼ SIDE DRAG**

- 1 – 2 Cross rock left foot over right, recover on to right foot  
3 – 4 Turn ¼ left stepping forwards on left foot, hold for one count  
5 – 6 Turn ½ left stepping back on right foot, turn ½ left stepping forwards on left foot  
7 – 8 Turn ¼ left stepping right foot to side, drag left foot towards right foot

## **S5. BACK ROCK SIDE TOUCH, SIDE SWIVEL LEFT FOOT, HEEL TOE, HEEL**

- 1 – 2 Rock back on to left foot, recover on to right foot  
3 – 4 Step left to side, touch right next to left  
5 – 8 Step right foot to side, swivel left heel in towards right foot, swivel left toe in, swivel left heel in

## **S6. SWIVEL HEELS, TOES, HEELS ¼ TURN, BACK ROCK ½ TURN**

- 1 – 2 Swivel both heels to the left, swivel both toes to the left  
3 – 4 Swivel heels to left as you make ¼ turn right, hold for one count  
5 – 6 Rock back on to right foot, recover on to left,  
7 – 8 Turn ½ left stepping back on right foot, hold for one count

## **S7. BACK ROCK ¼ TURN, TRIPLE FULL TURN RIGHT**

- 1 – 4 Rock back on to left foot, recover on to right foot, turn ¼ right stepping left to side, hold for one count  
5 – 6 Make ½ turn right stepping forward on right foot, make ½ turn right on ball of right stepping left next to right  
7 – 8 Step forward on right foot, hold for one count

## **S8. HITCH STEP, HITCH TOUCH, HITCH BACK, HITCH BACK**

- 1 – 4 Hitch left knee next to right, step forward on left foot, hitch right knee next to left, touch right toe forward  
5 – 8 Hitch right knee next to left, step back on right foot, hitch left knee next to right, step back on left foot

**TAG (End of wall 4, facing 12 o'clock)**

**ROCK BACK TURN ½ X 2**

- 1 – 4            Rock back on to right foot, recover on to left,, turn ½ left stepping back on right foot, hold for one count
- 5 – 8            Rock back on left foot, recover on to right foot, turn ½ right stepping back on left foot, hold for one count

**TRIPLE FULL TURN RIGHT, ROCK FORWARD, BACK STRUT**

- 1 – 2            Make ½ turn right stepping forward on right foot, make ½ turn right on ball of right stepping left next to right
- 3 – 4            Step right foot slightly forward, hold for one count
- 5 – 8            Rock forward on to left foot, recover on to right foot, step back on left toe, drop heel to floor.

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