

No Pain

Compte: 32

Mur: 4

Niveau: Novice

Chorégraphe: Jane Nilsson (SWE) & Matz Nilsson (SWE) - March 2014

Musique: Pain Pain - Ashley Monroe : (iTunes)



16 count intro

S1: Right & left diagonal steps with heel & toe swivels

- 1-4 Step right diagonally forward right, swivel left up to right - heel in, toe in, heel in
- 5-8 Step left diagonally forward left, swivel right up to left – heel in, toe in, heel in

S2: Step forward, touch, step back, touch, ½ turn left, ¼ turn left

- 1-2 Step forward right, touch left beside right
- 3-4 Step back left, touch right beside left
- 5-6 Step forward right, turn ½ to left
- 7-8 Step forward right, turn ¼ to left

S3: Figure 8 grapevine right

- 1-2 Step right to right side, cross left behind right
- 3-4 Step right ¼ turn, step forward left
- 5 Pivot ½ turn right shifting weight to right foot
- 6 On ball of right pivot ¼ turn right stepping left to left side
- 7-8 Cross right behind left, step left to left side

S4: Cross, side, heel, together, cross, side, behind, ½ unwind left

- 1-2 Cross right over left, step left to left
- 3-4 Touch right heel diagonally forward, step right beside left
- 5-6 Cross left over right, step right to right
- 7-8 Cross left behind right, ½ unwind to left (weight ends on left foot)

TAG: 6 count Tag, happens on wall 2 facing 9 o'clock, on wall 5 facing 12 o'clock and on wall 9 facing 12 o'clock

Syncopated jumps, heel bounce x 2

- &1&2 Jump feet shoulder width apart, jump feet in (weight on left)
- &3&4 Jump feet shoulder width apart, jump feet in (weight on left)
- &5&6 Raise heels, drop heels down (weight onto left) x 2

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