

My Pain Killer

COPPERKNOB
STEPSHEETS

拍数: 64 墙数: 4 级数: Intermediate
编舞者: Sandra Speck (UK) - March 2015
音乐: 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.

Contact: sandra.speck@btinternet.com

Last Update – 13th March 2015
