

Painkiller

COPPER KNOB
STEPSHEETS

拍数: 64 墙数: 4 级数: Intermediate
编舞者: Robbie McGowan Hickie (UK) - November 2015
音乐: Painkiller (feat. Meghan Trainor) - Jason Derulo : (CD: Everything Is 4)



Music Also available on Download from iTunes & www.amazon.co.uk

#16 Count intro

S1: Long Step Left. Drag. Ball-Cross. Side Step Right. Back Rock. Left Shuffle 1/2 Turn Right.

- 1 – 2 Long step Left to Left side. Drag Right beside Left. (Weight on Left)
- & 3 – 4 Step Right beside Left. Cross step left over Right. Step Right to Right side.
- 5 – 6 Rock back on Left. Rock forward on Right.
- 7&8 Left shuffle making 1/2 turn Right stepping Left. Right. Left. (Facing 6 o'clock)

S2: 1/4 Turn Right. Drag. Ball-Cross. Point. Step Forward. 1/2 Turn Left. 1/4 Turn Chasse Left.

- 1 – 2 Make 1/4 turn Right stepping Right Long step to Right side. Drag Left beside Right. (Weight on Right)
- &3 – 4 Step Left beside Right. Cross step Right over Left. Point Left toe out to Left side. (Facing 9 o'clock)
- 5 – 6 Step forward on Left. Make 1/2 turn Left stepping back on Right.
- 7&8 Make 1/4 turn Left stepping Left to Left side. Close Right beside Left. Step Left to Left side.

S3: Diagonally Forward. Tap. Step Back. 1/2 turn Right. Diagonally Forward. Tap. Step Back. 1/2 Turn Left.

- 1 – 2 Step Right Diagonally forward Left. Tap Left toe behind Right heel – Bending knees and Dip Down.
- 3 – 4 Step back on Left. Make 1/2 turn Right stepping forward on Right. (Facing 4.30)
- 5 – 6 Step forward on Left. Tap Right toe behind Left heel – Bending knees and Dip Down.
- 7 – 8 Step back on Right. Make 1/2 turn Left stepping forward on Left. (Facing 10 o'clock)

S4: Cross Rock. Chasse Right. Cross. Side. Left Sailor 1/4 Turn Left.

- 1 – 2 Cross rock Right over Left. Rock back on Left.
- 3&4 Step Right to Right side. Close Left beside Right. Step Right to Right side. (Facing 12 o'clock)
- 5 – 6 Cross step Left over Right. Step Right to Right side.
- 7&8 Cross Left behind Right making 1/4 turn Left. Step Right beside Left. Step Left to Left side.

S5: Cross Rock. 2 x 1/4 Turns Right. Back Rock. 1/4 Turn Left. 1/2 Turn Left.

- 1 – 2 Cross rock Right over Left. Rock back on Left. (Facing 9 o'clock)
- 3 – 4 Make 1/4 turn Right stepping forward on Right. Make 1/4 turn Right stepping Left to Left side.
- 5 – 6 Rock back on Right. Rock forward on Left.
- 7 – 8 Make 1/4 turn Left stepping back on Right. Make 1/2 turn Left stepping forward on Left.

S6: Forward Rock. & Out. Hold. & Cross. Unwind 1/2 Turn Right. Right Coaster Cross.

- 1 – 2 Rock forward on Right. Rock back on Left. (Facing 6 o'clock)
- &3 – 4 Jump Right back and out to Right side. Step Left out to Left side. Hold.
- &5 – 6 Step Right beside Left. Cross step Left over Right. Unwind 1/2 turn Right (Weight on Left)
- 7&8 Step back on Right. Step Left beside Right. Cross step Right over Left. (Facing 12 o'clock)

S7: Chasse 1/4 Turn Left. Step. Pivot 3/4 Turn Left. Side Step Right. Behind. & Heel Jack. Hold.

- 1&2 Step Left to Left side. Close Right beside Left. Make 1/4 turn Left stepping forward on Left.
- 3 – 4 Step forward on Right. Pivot 3/4 turn Left.

- 5 – 6& Step Right to Right side. Cross Left behind Right. Step ball of Right to Right side and Slightly back.
- 7 – 8 Dig Left heel Diagonally forward Left. Hold. (Facing 12 o'clock)

S8: & Cross. Left Side Rock. Recover 1/4 Right. Step Forward. Cross. Back. Side Step Right. Flick Behind.

- & 1 Step Left beside Right. Cross step Right over Left.
- 2 – 4 Rock Left out to Left side. Recover on Right making 1/4 turn Right. Step forward on Left.
- 5 – 6 Cross step Right over Left. Step back on Left.
- 7 – 8 Long step Right to Right side. Flick Left heel up behind Right leg. (Facing 3 o'clock)

Start Again

Tag: (End of Wall 5) Side Step Left. Touch (with Knee Pop). Side Step Right. Touch (with Knee Pop).

- 1 – 2 Step Left to Left side. Touch Right toe beside Left – Popping Right knee in. (Facing Left Diagonal)
- 3 – 4 Step Right to Right side. Touch Left toe beside Right – Popping Left knee in. (Facing Right Diagonal)

Start the Dance again from the Beginning (Facing 3 o'clock)

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