

# Kind Of Pain

拍数: 32                      墙数: 4                      级数: Intermediate NC  
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音乐: Tammy Wynette Kind of Pain - Reba McEntire



Intro: 16 Counts

Tag: Add 16 counts after wall 2, wall 4 & wall 5

## [1-8] NC Basic Left, NC Basic With 1/2 Turn Right, Full Turn Forward Right, Rock Step

- 1                      Step left to left side
- 2 & 3                Close right behind left, step left across right, step right to right side
- 4 & 5                Close left behind right, step right across left, make a ¼ turn right step left back while sweep right foot around (face 3:00)
- 6 & 7                Make a ¼ turn right and step right forward (face 6:00), make ½ turn right and step left back, make a ½ turn right and step right forward (face 6:00)
- 8 &                    Step left forward, recover weight back onto right

## [9-16] Walks Back With Sweeps (2x), Sailor Steps (2x), Behind, ¼ Turn Right, Step Side, Follow Through

- 1&                    Step left back and sweep right from front to back
- 2                    Step right back and sweep left from front to back
- 3 & 4                Step left behind right, step right to right side, step left slightly to left side
- 5 & 6                Step right behind left, step left to left side, step right slightly to right side
- 7 & 8                Step left behind right, make a ¼ turn right and step right forward (face 9:00), step left to left side and sway left
- &                    Close R to L foot

## [17-24] 3/8 Diamond Walk, Step ½ Turn Left, Step Forward (Prep), Full Turn Forward

- 1                    Step right to right side
- 2 & 3                Make a 1/8 turn left and step left diagonal back (face 7:30), step right back, make a 1/8 turn left and step left to left side (face 6:00)
- 4 & 5                Make a 1/8 turn left and step right diagonal forward (face 4:30), step left forward, step right forward
- 6 – 7                Make a ½ turn left and recover weight forward onto left (face 10:30), step right forward
- 8 &                    Make a ½ turn right and step left back, make a ½ turn right and step right forward (face 10:30)

## [25-32] Rock Step & Rock Step & Rock Step Back & Step Hitch, 3/8 Turn Left, Step Cross

- 1                    Step left forward (face 10:30)
- 2 & 3                Recover weight back onto right, step left to left side (face 9:00), step right forward to left diagonal (face 7:30)
- 4 & 5                Recover weight back onto left, step right next to left, step left back (face 7:30)
- 6 & 7                Recover weight forward onto right, step left forward and hitch right knee up (face 7:30), make a 3/8 turn left (face 3:00)
- 8                    Step right across left

... start again □

Tag: Add the following steps at the end of wall 2, wall 4 and wall 5

## [1-8] NC Basic Left with ½ Turn Left & Side Cross (2x)

- 1                    Step left to left side
- 2 & 3                Close right behind left, step left across right, make a ¼ turn left and step right back (face 9:00)

- 4 & 5            Make a ¼ turn left and left to left side (face 6:00), step right across left, step left to left side  
6 & 7            Close right behind left, step left across right, make a ¼ turn left and step right back (face 3:00)  
8 &              Make a ¼ turn left and left to left side (face 12), step right across left

**[9-16] Full Diamond Walk**

- 1                Step left to left side  
2 & 3            Step right back to left diagonal (face 1:30), step left back, step right to right side (face 3:00)  
4 & 5            Step left forward to right diagonal (face 4:30) step right forward, step left to left side (face 6:00)  
6 & 7            Step right back to left diagonal (face 7:30), step left back, step right to right side (face 9:00)  
8 & [1}         Step left forward to right diagonal (face 10:30) step right forward, [step left to left side (face 12:00)]
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