

# Growing Pains

拍数: 64      墙数: 2      级数: Intermediate  
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音乐: Growing Pains - BRELAND



\*\*\*The given directions and clock reference are referred to the 1st wall

## #1ST SECTION KICK BALL STEP, HITCH, STOMP, SWIVEL (X3), FLICK

1&2      Kick R fwd – Recover R beside L – Step L fwd  
3-4      Hitch R fwd – Stomp R fwd  
5-6      Swivel both heels to R side – Swivel both heels back to center  
7-8      (turning h.6.00) Swivel both heels to R side – Flick L back

## #2ND SECTION STEP-TOGETHER, KICK, STOMP, SKATE (X2), HEEL-STRUTT

1-2      Step L to L side – Close R beside L  
3-4      Kick L fwd – Stomp L fwd  
5-6      Skate R to R side going fwd – Skate L to L side going fwd  
7-8      Touch heel R fwd – Bring weight on R foot

## #3RD SECTION STEP-PIVOT, HALF TURN, STOMP-UP, TOE-STRUTT, KICK, CROSS

1-2      Step L fwd – Pivot  $\frac{1}{2}$  R turn (to h.12.00)  
3-4      Half turn stepping L back (to h.6.00) – Stomp up R beside L  
5-6      (turning  $\frac{1}{4}$  R to h.9.00) Touch Point R to R side – Bring weight on R foot  
7-8      Kick L fwd – Cross L over R

## #4TH SECTION JAZZ-BOX, STEP, PIVOT, STEP, STOMP-UP (X2)

1-2      Step R back – Open L to L side  
3-4      Cross R over L – (Turning  $\frac{1}{4}$  L to h.600) Step L fwd  
5-6      Pivot  $\frac{1}{2}$  R turn (to h.12.00) – Step L fwd  
7-8      Double stomp-up with R foot beside L foot

## #5TH SECTION COASTER STEP, STOMP, PIGEON TOE, KICK, STOMP

1-2      Step R back – Step L back beside R  
3-4      Step R fwd – Stomp L beside R  
5-6      Pigeon Toe to L side (open-close)  
7-8      Kick R foot fwd – Stomp R foot beside L (keeping your toes pointing to the center)

## #6TH SECTION PIGEON TOE, KICK (X2), COASTER STEP, SCUFF

1-2      Pigeon Toe to R side (open-close)  
3-4      Double kick L fwd  
5-6      Step L back – Step R back beside L  
7-8      Step L fwd – Scuff R fwd

## #7TH SECTION HEEL-STRUTT (X2), ROCK STEP, $\frac{1}{2}$ TURN, SCUFF

1-2      Heel touch R fwd – Bring weight on R foot  
3-4      Heel touch L fwd – Bring weight on L foot  
5-6      Rock Step R to R side (facing h.3.00) – Recover weight on L  
7-8      Turn  $\frac{1}{4}$  R (to h.6.00) stepping R fwd – Scuff L fwd

## #8TH SECTION JAZZ-BOX, STOMP-UP, RONDE' (X2)

1-2      Cross L over R – Step R back  
3-4      Open L to L side – Stomp-up L beside R

- 5-6 With R point draw a complete circle (clockwise) on the ground to R side beside L (in 2 counts)
- 7-8 With R point draw a complete circle (clockwise) on the ground to R side beside L (in 2 counts)

RESTARTS

© 1st Restart: 2nd Wall, after the first 32 counts

© 2nd Restart: 5th Wall, after the first 32 counts

© 3rd Restart: 7th Wall, after the first 32 counts

Hope you have fun and enjoy dancing GROWING PAINS

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