

Feel No Pain

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 4 级数: Upper Beginner
编舞者: Linda Pink (AUS) - January 2025
音乐: Islands in the Stream - Music Travel Love & Marsha Milan



Introduction Counts: 16 Min: 4:08

SIDE ROCK, CROSS SHUFFLE, SIDE ROCK, CROSS SHUFFLE

1,2 Step R to the side, Side Rock onto L
3&4 Shuffle R across L stepping R,L,R
5,6 Step L to the side, Side Rock onto R
7&8 * Shuffle L across R stepping L,R,L 12.00

¼ BACK, ¼ STEP FORWARD, SHUFFLE FORWARD, ROCKING CHAIR

1,2 # Turn ¼ L Step R Back, Turn ¼ L Forward
3&4 Shuffle Forward Stepping R,L,R
5,6 Rocking Chair: Step L Forward, Rock back onto R
7,8 Step L Back, Rock Forward onto R 6.00

PIVOT TURN, PADDLE TURN, WEAWE RIGHT, POINT

1,2 Pivot Turn: Step L Forward, Turn ½ Right take weight onto R 12.00
3,4 Paddle Turn: Step L Forward, Turn ¼ Right take weight onto R 3.00
5,6,7 Step L across R, Step R to the side, Step L behind R
8 Point R to the side

STEP FORWARD, SWEEP, STEP FORWARD, SWEEP, JAZZ BOX CROSS

1,2 Step R Forward, Sweep L Forward
3,4 Step L Forward, Sweep R Forward
5,6 Jazz Box: Step R across L, Step L Back
7,8 Step R to the side, Step L across R 3.00

TAG WALL 5

Dance to beat 10 # and add the following tag

1,2 Walk Forward R,L (Restart Facing 6.00)

RESTART WALL 11

Dance to beat 8 * and Restart (Restart Facing 9.00)
