

# Joy & Pain

**COPPER KNOB**  
STEPSHEETS

拍数: 56      墙数: 4      级数: Intermediate/Advanced  
编舞者: Bill Macleod (CAN)  
音乐: Joy & Pain - Rob Base



## WALK FORWARD, ROCK, RECOVER, STEP FORWARD, MAMBO FORWARD, ¾ MONTEREY TURN

1-2      Walk right forward, then rock left forward  
3&4      Rock back on right, recover on left, step forward on right  
5      Step left forward  
6&7      Mambo forward - step right forward, rock back on left, touch right out to side  
8      Monterey ¾ turn to right on left, weight on left

## KICK BALL STEP FORWARD, ¼ TURN TO RIGHT, KICK BALL STEP ACROSS, ¾ TURN TO RIGHT

1&2      Kick right forward and step down, step left forward  
3-4      Step right forward, ¼ turn to left on left  
5&6      Kick right forward, step right down, step left across in front of right  
7-8      Unwind ¾ turn to right, shift weight on right

## & WALK FORWARD, KICK BALL CROSS WITH ¼ TURN, FULL TURN TO RIGHT, BALL STEP FORWARD

&1-2      Step left back, step right forward, step left forward  
3&4      Kick right forward, step right down, ¼ turn to left with left across right  
5-7      Touch right to right side, make a full turn to right slowly  
&8      Ball step back on right, replace weight back forward on left

## KICK FORWARD AND STEP OUT, OUT, HAND MOVEMENT, SHUFFLE WITH ¼ TURN, TRIPLE STEP ½ TURN

1&2      Kick right forward, step back on right & left (out, out)  
3-4      Swing both hands to the right, then to the left  
5&6      Shuffle right left right with ¼ turn to right  
7&8      Triple step left right left and make a ½ turn to the right

## TOUCH & HOOK RIGHT BEHIND LEFT, TWIST ½ TURN, KICK STEP AND TOUCH WITH LEFT FOOT STRAIGHTENED BACKWARD, BEND DOWN AND TWIST ½ TURN

1-2      Touch right toe out, hook right foot behind left at the knee  
3-4      Twist to right with ½ turn, weight on left foot  
5&6      Kick right forward, step right foot down, straightened left foot backward with toe touching the floor  
7-8      Bend down and twist ½ turn to left with weight on left foot

## STAND UP AND FUNKY WALK FORWARD, UNWIND FULL TURN TO LEFT

1-2      Slowly stand up, weight on left foot  
3-5      Funky walk right left right forward (or skate forward)  
6-8      Step left foot behind and unwind 1 full turn to the left

## JUMP OUT, OUT, HEAD LOOK TO LEFT, CIRCLE HIP, SYNCOPATED SIDE ROCK

&1      Jump right out and then left  
2      Head turns to the left  
3-4      Circle hip to the left, weight on left  
&5      Step right foot next to left, rock left out to left side  
6&      Replace weight onto right, step left foot next to right  
7&8      Rock right to right side, replace weight on left, then touch right next to left

## REPEAT

### TAG

First wall - the first tag starts after 40 counts, do not bend down that much so as to roll the right knee on time. Should face the 3:00 wall afterwards. Then do the whole dance and the tag and repeat

1-2 Roll right knee

3-4 Roll left knee

5-6 Roll right knee slowly

7-8 Roll left knee slowly

1-2 Step right forward, step left forward with  $\frac{1}{4}$  turn to left

3&4 Swipe or paddle to the left with a full turn, weight on left foot

5&6 Shuffle right left right forward

7&8 Mambo forward - step left forward, replace back on right, step left beside right

1-16 Repeat these 16 steps again

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