

# Lord Of Pain

COPPERKNOB  
STEPSHEETS

拍数: 32      墙数: 2      级数: Beginner  
编舞者: Frida Axelsson (SWE) - August 2007  
音乐: Better Man - Robbie Williams : (CD: Sing When You're Winning)



## 16 count intro

**STEP LF SIDE LEFT, ROCK RF BACK, RECOVER, SHUFFLE SIDE RIGHT TURN ¼ R, ROCK LF FWD, RECOVER, 1 ½ TURN L**

1            LF step left  
2            RF rock back  
3            LF recover  
4            RF step right  
&            LF step beside RF  
5            RF step right, turn ¼ right  
6            LF rock forward  
7            RF recover  
8            LF step back, turn ½ left  
&            RF step forward, turn ½ left  
1            LF step back, turn ½ left

**ROCK RF FWD, RECOVER, ¾ TURN L, STEP RF SIDE RIGHT, ROCK LF BACK, RECOVER, LEFT SHUFFLE TURN ½ L**

2            RF rock forward  
3            LF recover  
4            RF step back, turn ¼ left  
&            LF step side left, turn ¼ left  
5            RF turn ¼ left, step side right  
6            LF rock back  
7            RF recover  
8            LF step left, turn ¼ left  
&            RF step beside LF  
1            LF step forward, turn ¼ left

**STEP RF SIDE RIGHT, SWEEP LF TURN ½ R, HITCH, CROSS, TWIST ½ TURN R, TWIST ¼ TURN L, COASTER STEP**

2            RF step right  
3            LF sweep from left to right turning ½ right  
4            LF hitch  
5            LF cross over RF  
6            twist and turn ½ right  
7            twist and turn ¼ left, weight on RF  
8            LF step back  
&            RF step beside LF  
1            LF step forward

**ROCKING CHAIR, STEP TURN ¾ L, STEP RF SIDE RIGHT, ROCK LF BACK, RECOVER**

2            RF rock forward  
3            LF recover  
4            RF rock back  
5            LF recover  
6            RF step forward, turn ½ left  
&            LF step forward, turn ¼ left  
7            RF step right  
8            LF rock back  
&            RF recover

