

# Love Pains

拍数: 64      墙数: 4      级数: Improver  
编舞者: Mary Frances Chua (MY) - June 2012  
音乐: Bai Niang Zi (白娘子) (feat. 老猫 [Lao Mao]) - Wang Lin (王麟)



**Intro: Start dance on main vocal after 40 counts of heavy beats ( approx. 37 sec. )**  
**At count 37-40, weight on left, follow the heavy beats to stomp right 4X.**

## **S1: Right Kick Ball Point, Twist In Out, Left Kick Ball Point, Twist In Out**

1&2            R kick fwd, ball step, L point to side  
3, 4            Heels twist in, out ( weight on right )  
5&6            L kick fwd, ball step, R point to side  
7, 8            Heels twist in, out ( weight on left )

## **S2: Double Back Rock, Side Chasse**

1, 2            R rock back , recover on L  
3&4            R step to side, L together, R side step  
5, 6            L rock back, recover on R  
7&8            L step to side, R together, L side step

## **S3: Right Cross Toe Strut, Side Toe Strut, Cross Rock, Side Chasse**

1 - 4            Cross R toe over L, drop R heel, touch L toe to left side, drop L heel  
5, 6            R cross over L, recover on L  
7&8            R step to side, L together, R side step

## **S4: Left Cross Toe Strut, Side Toe Strut, Cross Rock, Side Chasse ( mirror Section 3 )**

## **S5: Twice Forward Cross Point, Forward Rock, ½ Right Turn Shuffle**

1 - 4            R cross over L, L point to left side, L cross over R, R point to right side  
5, 6            R fwd rock, recover on L  
7&8            ½ right turn, shuffle step R – L – R [6.00]

## **S6: Toe Touches Out, In, Out, Together, Monterey ¼ Turn Right**

1 - 4            L toe touch left side, next to R, left side, together beside R  
5, 6            Point R to right side, turning ¼ right, step R together [9.00]  
7, 8            Point L to left side, step L together

## **S7: Forward Toe Strut, Double Small Shuffle**

1 - 4            R toe fwd, drop R heel, L toe fwd, drop L heel  
5 - 8            Small fwd shuffle on R-L-R , L-R-L

## **S8: Forward Rock, ½ Right Turn, Step, Side Step Touch**

1, 2            R fwd rock, recover on L  
3, 4            Turning ½ right , step on R, L [3.00]  
5, 8            R step to right, L touch beside R, L step to left, R touch beside L

**ENDING: At 6.00, kick ball point, slant body to look at front wall with a stylish pose.**

Happy Dancing....

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