

Pleasure and Pain

拍数: 80 墙数: 2 级数: Low Intermediate
编舞者: Ann Quinn (AUS) - April 2013
音乐: Pleasure and Pain - Divinyls : (Album: Essential)



Count in: 32 counts from start of track. Dance begins on vocals. - No tags or restarts.

SECTION 1: STEP R, LOCK, LOCK SHUFFLE, ROCK FORWARD, REPLACE, ½ TURN LEFT TRIPLE STEP

1 – 2 Step forward R, Lock L behind R 12:00
3&4 Step forward R, Lock L behind R (&), Step forward R
5 – 6 Rock forward L, replace on R
7&8 Turn ½ left stepping L, R beside L (&), L beside R 6:00

SECTION 2: STEP R, LOCK, LOCK SHUFFLE, ROCK FORWARD, REPLACE, ½ TURN LEFT TRIPLE STEP

1 – 2 Step forward R, Lock L behind R
3&4 Step forward R, Lock L behind R, Step forward R
5 – 6 Rock forward L, replace on R
7&8 Turn ½ left stepping L, R beside L (&), L beside R 12:00

SECTION 3: SYNCOPATED VINE RIGHT, ROCK BACK, REPLACE, KICK BALL CROSS

1 – 2 Step R to right side, step L behind R
&3-4 Step R to right side (&), cross L over R, step R to right side
5 – 6 Rock back L behind R, replace on R
7&8 Kick L to left diagonal, step L back (&), cross R over L 12:00

SECTION 4: SYNCOPATED VINE LEFT, ROCK BACK, REPLACE, KICK BALL CROSS

1 – 2 Step L to left side, step R behind L
&3-4 Step L to left side (&), cross R over L, step L to left side
5 – 6 Rock back R behind L, replace on L
7&8 Kick R to right diagonal, step R back (&), cross L over R 12:00

SECTION 5: VINE ¼ TURN, ¾ TURN, BEHIND SIDE CROSS

1 – 2 Step R to right side, step L behind R
3 – 4 Turn ¼ right stepping R forward, step forward L 3:00
5 – 6 Turn ½ right placing weight on R, turn ¼ right stepping L to side 12:00
7&8 Step R behind L, step L to left side (&), cross R over L

SECTION 6: SIDE ROCK, BEHIND SIDE CROSS, SIDE ROCK, BEHIND SIDE FORWARD

1 - 2 Rock L to left side, replace on R
3&4 Step L behind R, step R to right side (&), cross L over R
5 – 6 Rock R to right side, replace on L
7&8 Step R behind L, step L to left side (&), step R forward 12:00

SECTION 7: ROCK FORWARD, REPLACE, & ROCK FORWARD, PIVOT LEFT, STEP R, TAP L HEEL, STEP L, TAP R HEEL

1 – 2 Rock L forward, replace on R
&3-4 Step L beside R (&), rock forward R, pivot ½ turn left (weight on L) 6:00
5 - 6 Step R to right, tap left heel to left diagonal
7 - 8 Step L to left, tap right heel to right diagonal 6:00

SECTION 8: ROLLING VINE RIGHT, ROLLING VINE LEFT

- 1 - 2 Turn ¼ right stepping R, turn ½ right stepping back L 3:00
- 3 - 4 Turn ¼ right stepping R to side, touch L next to R (clap) 6:00
- 5 - 6 Turn ¼ left stepping L, turn ½ left stepping back R 9:00
- 7 - 8 Turn ¼ left stepping L to side, touch R next to L (clap) 6:00

SECTION 9: CHASSÉ RIGHT, BACK, REPLACE, CHASSÉ LEFT, BACK, REPLACE

- 1&2 Step R to right side, step L beside R (&), step R to right side
- 3 - 4 Rock back L behind R, replace on R
- 5&6 Step L to left side, step R beside L (&), step L to left side
- 7 - 8 Rock back R behind L, replace on L 6:00

SECTION 10: SHUFFLE FORWARD, PIVOT R, SHUFFLE FORWARD, PIVOT LEFT

- 1&2 Step R forward, step L next to R (&), step R
- 3 - 4 Step forward L, pivot ½ turn right 12:00
- 5&6 Step L forward, step R next to L (&), step L forward
- 7 -8 Step forward R, pivot ½ turn left 6:00

Ending: During 'Section 9' of 6th sequence, after left chassé, step on spot R, L, on counts 71, 72 – instead of 'back, replace'.

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