

No Pain

拍数: 32 墙数: 4 级数: Novice
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音乐: Pain Pain - Ashley Monroe : (iTunes)



16 count intro

S1: Right & left diagonal steps with heel & toe swivels

1-4 Step right diagonally forward right, swivel left up to right - heel in, toe in, heel in
5-8 Step left diagonally forward left, swivel right up to left – heel in, toe in, heel in

S2: Step forward, touch, step back, touch, ½ turn left, ¼ turn left

1-2 Step forward right, touch left beside right
3-4 Step back left, touch right beside left
5-6 Step forward right, turn ½ to left
7-8 Step forward right, turn ¼ to left

S3: Figure 8 grapevine right

1-2 Step right to right side, cross left behind right
3-4 Step right ¼ turn, step forward left
5 Pivot ½ turn right shifting weight to right foot
6 On ball of right pivot ¼ turn right stepping left to left side
7-8 Cross right behind left, step left to left side

S4: Cross, side, heel, together, cross, side, behind, ½ unwind left

1-2 Cross right over left, step left to left
3-4 Touch right heel diagonally forward, step right beside left
5-6 Cross left over right, step right to right
7-8 Cross left behind right, ½ unwind to left (weight ends on left foot)

TAG: 6 count Tag, happens on wall 2 facing 9 o'clock, on wall 5 facing 12 o'clock and on wall 9 facing 12 o'clock

Syncoated jumps, heel bounce x 2

&1&2 Jump feet shoulder width apart, jump feet in (weight on left)
&3&4 Jump feet shoulder width apart, jump feet in (weight on left)
&5&6 Raise heels, drop heels down (weight onto left) x 2

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