

It Looks Like Pain

拍数: 64 墙数: 4 级数: Intermediate
编舞者: Gudrun Schneider (DE) - May 2014
音乐: It Looks Like Pain - Chris Cummings



The dance start after 16 count.

Rock across, rock side, behind side cross, hold

1-2 Cross right over left, recover on left Rock □ (12:00)
3-4 Rock right to the right side, recover on left
5-6 Cross right behind left, step left to left side
7-8 Cross right over left, hold

Side-together-step-touch, rocking chair

1-2 Step left to left side, step right next to left
3-4 Step forward on left, touch right next to left
5-6 Rock forward right, recover on left
7-8 Back rock right, recover on left

¼ turn l-Step r, touch, ¼ turn l-step forward l, hold, ½ turn l-back r-hold, back l, close

1-2 ¼ Turn left - Step right to right side, touch left next to right (9.00)
3-4 ¼ Turn left - Step left forward - hold □ (6.00)
5-6 ½ Turn left - Step back right - hold (12.00)
7-8 Step back left, step right next to left

Rocking chair, step look step, touch

1-2 Rock forward left, recover on right
3-4 Back rock left, recover to right
5-6 Step forward left, lock right behind left
7-8 Step forward left, touch right next to left

Side-touch, ¼ turn l-side-touch, ¼ turn r-side-touch, ¼ turn l-side-touch,

1-2 Step right to right side, touch left next to right
3-4 ¼ turn l-step left to left side, touch right next to left (9.00)
5-6 ¼ turn l-step right to right side, touch left next to right (6.00)
7-8 ¼ turn l-step left to left side, touch right next to left (3.00)

(Restart: on wall 3, facing 9 o'clock)

Rock across, side, hold, rock across, side, hold

1-2 Cross right over left, recover to left
3-4 Step right to right side, hold
5-6 Cross left over right, recover to right
7-8 Step left to left side, hold

Rock step, ½ turn r, step forward, hold, step turn step, hold

1-2 Rock forward right, recover to left
3-4 ½ turn right stepping forward on right, hold (9.00)
5-6 Step forward on left, ½ turn right (3.00)
7-8 Step forward on left, hold

Slow coaster forward, hold, slow coaster step l, hold

1-2 Step forward on right, step left next to right
3-4 Step back on right, hold

5-6 Step back on left, step right next to left
7-8 Step forward on left, hold

Restart: On wall 3 after 40 counts, facing 9 o'clock.

Have fun!

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