

Pain Killer

拍數: 32 牆數: 4 級數: Easy Intermediate
編舞者: Iliane Raiza van der Graaf (NL) - January 2015
音樂: Pain Killer - Little Big Town : (CD: Pain Killer)



Intro: 16 counts

PRISSY WALKS X2, ANCHOR STEP, ½ TURN LEFT WITH HIPBUMPS X2

1 step right in front of left
2 step left in front of right
3 rock back on right
& recover onto left
4 step back on right
5 make ¼ turn left, point left toes to the left side, bump hips left
& bump hips right
6 make ¼ turn left, step forward on left
7 make ¼ turn left, point right toes to the right side, bump hips right
& bump hips left
8 make ¼ turn left, step back on right [12:00]

MAMBO STEP BACK, MAMBO STEP FORWARD, MAMBO STEP LEFT, MAMBO STEP RIGHT

9 rock back on left
& recover onto right
10 small step forward on left
11 rock forward on right
& recover onto left
12 small step back on right
13 rock left to the left side
& recover onto right
14 step left next to right
15 rock right to the right side
& recover onto left
16 step right next to left

PADDLE ¼ TURN RIGHT X3, CROSS, SIDE STEP, POINT, SIDE STEP, POINT

17 step forward on left
& pivot ¼ turn right
18 step forward on left
& pivot ¼ turn right
19 step forward on left
& pivot ¼ turn right
20 cross left over right
21 step right to the right side
22 touch left toes diagonally left forward
23 step left to the left side
24 touch right toes diagonally right forward [9:00]

BEHIND, SIDE STEP, CROSS, SIDE STEP, BEHIND, HITCH, BEHIND, SIDE STEP, CROSS, SIDE STEP, CROSS, HITCH

25 cross right behind left
& step left to the left side
26 cross right over left

& step left to the left side
27 cross right behind left
28 hitch left [9:00]
29 cross left behind right
& step right to the right side
30 cross left over right
& step right to the right side
31 cross left over right
32 hitch right [9:00]

TAG 1: Add the following 8 counts at the end of wall 4, start again.

MAMBO STEP FORWARD, MAMBO STEP BACK, MAMBO STEP RIGHT, MAMBO STEP LEFT

1 rock forward on right
& recover onto left
2 small step back on right
3 rock back on left
& recover onto right
4 small step forward on left
5 rock right to the right side
& recover onto left
6 step right next to left
7 rock left to the left side
& recover onto right
8 small step forward on left

Contact: www.tennesseeinedancers.com - tennesseeld@gmail.com
