

# My Pain Killer

**COPPER KNOB**  
STEPSHEETS

拍數: 64      牆數: 4      級數: Intermediate  
編舞者: Sandra Speck (UK) - March 2015  
音樂: Pain Killer - Little Big Town : (Album: Pain Killer - iTunes)



#32 count intro, (approx. 12 secs)

## S1. BACK ROCK TOE STRUT, FORWARD ROCK BACK STRUT

- 1 – 4      Rock back on right foot, recover on to left, step forward on right toe, drop heel to floor  
5 – 8      Rock forward on left foot, recover on to right foot, step back on left toe, drop heel to floor

## S2. COASTER STEP HITCH, JAZZ BOX ¼ CROSS

- 1 – 4      Step back on right foot, close left next to right, step forward on right foot, hitch left knee next to right  
5 – 8      Cross left foot over right, step back on right foot, turn ¼ left stepping left to side, cross right foot over left

## S3. SIDE TOUCH, SCISSOR STEP, 2 X ¼ TURN RIGHT

- 1 – 4      Step left to side, touch right next to left, step right foot to side, close left foot next to right  
5 – 6      Cross right foot over left, hold for one count  
7 – 8      Turn ¼ right stepping back on left, turn ¼ right stepping right foot to side

## S4. CROSS ROCK ¼ TURN, FULL TURN, ¼ SIDE DRAG

- 1 – 2      Cross rock left foot over right, recover on to right foot  
3 – 4      Turn ¼ left stepping forwards on left foot, hold for one count  
5 – 6      Turn ½ left stepping back on right foot, turn ½ left stepping forwards on left foot  
7 – 8      Turn ¼ left stepping right foot to side, drag left foot towards right foot

## S5. BACK ROCK SIDE TOUCH, SIDE SWIVEL LEFT FOOT, HEEL TOE, HEEL

- 1 – 2      Rock back on to left foot, recover on to right foot  
3 – 4      Step left to side, touch right next to left  
5 – 8      Step right foot to side, swivel left heel in towards right foot, swivel left toe in, swivel left heel in

## S6. SWIVEL HEELS, TOES, HEELS ¼ TURN, BACK ROCK ½ TURN

- 1 – 2      Swivel both heels to the left, swivel both toes to the left  
3 – 4      Swivel heels to left as you make ¼ turn right, hold for one count  
5 – 6      Rock back on to right foot, recover on to left,  
7 – 8      Turn ½ left stepping back on right foot, hold for one count

## S7. BACK ROCK ¼ TURN, TRIPLE FULL TURN RIGHT

- 1 – 4      Rock back on to left foot, recover on to right foot, turn ¼ right stepping left to side, hold for one count  
5 – 6      Make ½ turn right stepping forward on right foot, make ½ turn right on ball of right stepping left next to right  
7 – 8      Step forward on right foot, hold for one count

## S8. HITCH STEP, HITCH TOUCH, HITCH BACK, HITCH BACK

- 1 – 4      Hitch left knee next to right, step forward on left foot, hitch right knee next to left, touch right toe forward  
5 – 8      Hitch right knee next to left, step back on right foot, hitch left knee next to right, step back on left foot

**TAG (End of wall 4, facing 12 o'clock)**  
**ROCK BACK TURN ½ X 2**

- 1 – 4            Rock back on to right foot, recover on to left,, turn ½ left stepping back on right foot, hold for one count
- 5 – 8            Rock back on left foot, recover on to right foot, turn ½ right stepping back on left foot, hold for one count

**TRIPLE FULL TURN RIGHT, ROCK FORWARD, BACK STRUT**

- 1 – 2            Make ½ turn right stepping forward on right foot, make ½ turn right on ball of right stepping left next to right
- 3 – 4            Step right foot slightly forward, hold for one count
- 5 – 8            Rock forward on to left foot, recover on to right foot, step back on left toe, drop heel to floor.

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