

PainKiller

拍數: 64 牆數: 2 級數: Improver
編舞者: Ann-Kristin Sandberg (NOR) - June 2015
音樂: Painkiller (feat. Meghan Trainor) - Jason Derulo : (iTunes)



INTRO : 16 COUNTS (dance start at the word HEART)

S1: CROSS-SIDE-BACK RECOVER-SIDE STRUTS TO RIGHT

1-2 Cross Right over Left, Step Left to Left side
3-4 Step Right back, Recover onto Left
5-6 Touch Right toe to Right side, Drop Right heel
7-8 Cross Left toe over Right, Drop Left heel

S2: SIDE RECOVER-BACK-KICK-COASTER STEP-BRUSH FORW

1-2 Step Right to Right side, Recover onto Left
3-4 Step Right back, Kick Left forw
5-6 Step Left back, Step Right next to Left
7-8 Step Left forw, Brush Right forw

S3: LOCKSTEP DIAGONAL FORW R-BRUSH-STEP RECOVER-BACK-BESIDE

1-2 Step Right diagonal forw to Right, Lock Left behind Right
3-4 Step Right diagonal forw to Right, Brush Left forw
5-6 Step Left forw, Recover onto Right
7-8 Step Left back, Step Right beside Left

S4: LOCKSTEP DIAGONAL FORW L-BRUSH- STEP RECOVER-BACK-BESIDE

1-2 Step Left diagonal forw to Left, Lock Right behind Left
3-4 Step Left diagonal forw to Left, Brush Right forw
5-6 Step Right forw, Recover onto Left
7-8 Step Right back, Step left next to Right

S5: STEP-PIVOT ¼ TURN L-KICK & CROSS-SIDE-HOLD-BEHIND-1/4 TURN L

1-2 Step Right forw, Pivot ¼ turn Left (09)
3-4 Kick Right across Left, Cross Right over Left (bend both knees on count 4)
5-6 Step Left to left side (long step), Hold
7-8 Cross Right behind Left, ¼ turn Left stepping Left forw (06)

S6: STEP-PIVOT ¾ TURN L-SIDE-BEHIND-SIDE-CROSS-SIDE-HOLD

1-2 Step Right forw, Pivot ¾ turn Left (09)
3-4 Step Right to Right side, Cross Left behind Right
5-6 Step Right to Right side, Cross Left over Right
7-8 Step Right to Right side (long step), Hold

S7: BACK RECOVER-SIDE-BEHIND-1/4 TURN L-BRUSH-FORW RECOVER

1-2 Step Left back, Recover onto Right
3-4 Step Left to Left side, Cross Right behind Left
5-6 ¼ turn Left stepping Left forw, Brush Right forw (06)
7-8 Step Right forw, Recover onto Left

S8: BACK-KICK-BACK-KICK-BACK RECOVER-STEP FORW x 2

1-2 Step Right back, Kick Left forw
3-4 Step Left back, Kick Right forw

5-6 Step Right back, Recover onto Left
7-8 Step Right forw, Step Left forw

TAG: End of wall 5 facing 06 :

1-2 Step Right forw, Recover onto Left
3-4 Step Right back, Recover onto Left

ENJOY!!
