

# 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!!**

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