

# No One Understands My Pain (没人懂我的苦)

COPPER KNOB  
STEPSHEETS

拍數: 32      牆數: 2      級數: Low Intermediate  
編舞者: LUHA (INA) - October 2024  
音樂: Mei Ren Dong Wo De Ku (没人懂我的苦) - Chen Shu Yan (陈舒岩)



## Intro 32 counts

### Section 1 : R Basic NC, side behind, turn 1/4 left fwd, R Basic NC, Hinge 7/8 turn right, L side

1            Step R to right side  
2            Cross L slightly behind R  
&  
3            Cross R over L  
4            Step L to left side  
5            Cross R behind L  
&  
6            turn 1/4 left Step L forward  
7            Step R to right side (09.00)  
8            Step R slightly behind L,  
&  
9            Cross R over L  
10          1/4 turn right Step L back,(12.00)  
11          1/2 turn right Step R forward, (06.00)  
12          &  
13          1/8 turn right Step L to left (07.30)

### Option 7& L Basic NC

7            Step L to left side  
8            Cross L slightly behind L  
&  
9            Step L to left side

### Section 2 : Rock Forward, Back R L, 1/8 turn right Sailor R - L, Sway R - L

1            Step forward on R  
2            Recover on L  
&  
3            Step back on R  
4            Step back on L  
5            1/8 turn right Cross R behind L (09.00)  
&  
6            Step L to left side  
7            Step R to right side  
8            Cross L behind R  
&  
9            Step R right side  
10          Step L to left side  
11          Sway hip to right  
12          &  
13          Sway hip to left

### Section 3 : Forward Sweep lock, 1/2 Diamond, Recover , L side

1            Step forward on R  
2            Sweep forward on L  
&  
3            Step R slightly behind L  
4            Step forward on L  
5            Sweep R cross over L  
&  
6            Step L to left side  
7            1/8 turn right Step back on R (10.30)  
8            Step back on L  
9            &  
10          1/8 turn right Step R to right (12.00)

7 1/8 turn right Step forward on L (01.30)  
8 Recover on R  
& Step L to left side (12.00)

**Section 4 : Serpiente, 1/2 turn R Pivot, Hinge turn left**

1 Cross R over L while sweeping L back to front  
2 Step L cross over R  
& Step R to right side  
3 Step back on R while sweeping R front to back  
4. Cross R behind L  
& Step L to left  
5 Step forward on R  
6 Step forward on L  
& 1/2 turn R Step forward on R (06.00)  
7 Step forward on L  
8 1/2 turn left step R back (12.00)  
& 1/2 turn left step forward on L (06.00)

**Option 8& Run forward**

8 Step forward in R  
& Step forward on L

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