

# Love And Pain

拍數: 56      牆數: 4      級數: Intermediate  
編舞者: Ruth Ford  
音樂: Love's the Only House - Martina McBride



## ROCK, ROCK SHUFFLE FORWARD, FULL TURN RIGHT, LEFT SHUFFLE

1-2      Rock back on right, rock forward on left  
3&4      Step forward on right, close left beside right, step forward on right  
5      On ball of right spin ½ turn right stepping back on left  
6      On ball of left spin ½ turn right stepping forward on right  
7&8      Step forward left, close right beside left, step forward on left

## STEP PIVOT ½ TURN LEFT, SHUFFLE FORWARD, CROSS ROCK, CHASSE LEFT

1-2      Step forward right, pivot ½ turn left  
3&4      Step forward right, close left beside right, step forward right  
5-6      Cross rock left over right, rock back onto right  
7&8      Step left to left side, close right beside left, step left to left side

## CROSS UNWIND, FULL TURN, CHASSE RIGHT, STEP ½ PIVOT TWICE

1-2      Step right across left, unwind full turn left  
3&4      Step right to right side, close left beside right, step right to right side  
5-6      Step forward left, pivot ½ turn right  
7-8      Step forward left, pivot ½ turn right

## SYNCOPATED STEPS FORWARD

1-2      Step forward left, hold  
&3-4      Step forward right, step forward left, touch right beside left  
5-6      Step forward right, hold  
&7-8      Step forward left, step forward right, touch left beside right

## ROCK, ROCK CHASSE LEFT, CROSS UNWIND, FULL TURN CHASSE RIGHT

1-2      Cross rock left over right, rock back onto right  
3&4      Step left to left side, close right beside left, step left to left side  
5-6      Step right across left, unwind full turn left  
7&8      Step right to right side, close left beside right, step right to right side

## WEAVE RIGHT ROCK, ROCK ¼ TURN KICKBALL STEP

1-2      Cross left over right, step right to right side  
3&4      Cross step left behind right, step right to right side cross left over right  
5-6      Rock to right side on right, rock onto left making ¼ turn left  
7&8      Kick right forward, step right beside left, step forward left

## FORWARD SHUFFLE TWICE, SAILOR STEPS TWICE

1&2      Step forward on right, close left beside right, step forward on right  
3&4      Step forward on left, close right beside left, step forward on left  
5&6      Cross right behind left, step left to left side, step right in place  
7&8      Cross left behind right, step right to right side, step left in place

REPEAT