

# It Kills Me

拍數: 48                      牆數: 4                      級數: Intermediate waltz  
編舞者: Alan Haywood (UK)  
音樂: Why Can't I Leave Her Alone - George Strait



---

## LEFT FORWARD BASIC, RIGHT BACK & ACROSS, LEFT SIDE ROCK & CROSS, RIGHT SIDE, DRAG LEFT OVER 2 COUNTS

1-2-3                      Step left forward, step right next to left, step left forward  
4-5-6                      Step right back, step left next to right, cross step right over left  
7-8-9                      Rock left to left side, recover weight onto right, cross step left over right  
10-11-12                      Step right to right side, drag left towards right over 2 counts (no weight on left)

## LEFT BACK, RECOVER, LEFT SIDE, RIGHT BEHIND, LEFT ¼ LEFT, RIGHT SIDE, LEFT BACK, RECOVER, LEFT SIDE RIGHT BEHIND & ACROSS

1-2-3                      Rock back onto left, recover weight onto right, step left to left side  
4-5-6                      Step right behind left, step left ¼ left, step right to right side  
7-8-9                      Rock back onto left, recover weight onto right, step left to left side  
10-11-12                      Step right behind left, left to left side, cross step right over left

## ¼ LEFT, POINT HOLD, RIGHT BACK BASIC, ¼ LEFT, POINT HOLD, RIGHT BACK BASIC

1-2-3                      Step left ¼ left, point right to right side, hold for 1 count  
4-5-6                      Step back onto right, step left next to right, step right forward  
7-8-9                      Step left ¼ left, point right to right side, hold for 1 count  
10-11-12                      Step back onto right, step left next to right, step right forward

## FULL TURN LEFT (LEFT-RIGHT-LEFT), LUNGE, RECOVER, ½ RIGHT, LEFT FORWARD, KICK RIGHT OVER 2 COUNTS, RIGHT BACK BASIC

1-2-3                      Make a full turn over left shoulder stepping left right left (easy option: walk forward left-right-left)  
4-5-6                      Lunge forward onto right, recover weight back onto left, make a ½ turn right stepping right forward

### Restart the dance here during wall 4 facing home wall

7-8-9                      Step forward onto left, kick right low kick forward over 2 counts  
10-11-12                      Step back onto right, step left next to right, step right forward

## REPEAT

## RESTART

Start wall 4 facing the 3:00 wall. Dance up to count 6, section 4. You will now be facing the home wall. Restart the dance

## OPTIONAL ENDING

During the last wall, the music slows down. In section 4, after the full turn, lunge forward right, recover, but only make a ¼ turn right to face the home wall

---