

# Beauty From Pain

**COPPER KNOB**  
STEPSHEETS

拍數: 48      牆數: 2      級數: Intermediate  
編舞者: Pam Leader (USA) - December 2008  
音樂: Beauty from Pain - Superchick : (CD: Beauty From Pain)



**Intro: Start dance 12 counts into the song (at the start of the lyrics)**

**Restart : Wall 4 after first 24 counts**

## **L TWINKLE STEP, R TWINKLE WITH A ½ TURN R**

1,2,3      Cross L over R, step R to R, step L to L  
4,5,6      Cross R over L, ½ turn to the right and step back on L, step R to R (6:00)

## **PRESS L, RECOVER, TOUCH L, STEP L, SWEEP ¼ TURN L**

1,2,3      Press L forward, Recover R, Touch L to R  
4,5,6      Step L forward, Sweep R around into a ¼ turn to the left for 2 counts(3:00)

## **CROSS R OVER L, SYNCOPATED WEAVE, CROSS R OVER L, SYNCOPATED WEAVE**

1,2&3      Cross R over L, Step L to L, Step R behind L, Step L to L  
4,5&6      Cross R over L, Step L to L, Step R behind L, Step L to L (3:00)

## **ROCK R, RECOVER, STEP R, SWEEP ½ TURN R**

1,2,3      Cross R over L, Recover L, Step R to R  
4,5,6      Sweep L into a ½ turn to the right for 3 counts (9:00)

**\*Restart here on wall 4 – change sweep to a ¾ turn to the right ending up at the 6:00 wall for a restart on the back wall**

## **JAZZ BOX WITH ¼ TURN L, JAZZ BOX WITH ¼ TURN L**

1,2,3      Cross L over R, Step R back into ¼ turn to the left, Step L back  
4,5,6      Step R back, Step L to L into a ¼ turn to the left, Step R forward (3:00)

## **MAKE 3/4 TURN WALK AROUND TO THE LEFT**

1,2,3      Step L into 1/8 turn L, Step R into 1/8 turn L, Step L into a 1/8 turn L  
4,5,6      Step R into 1/8 turn L, Step L into 1/8 turn L, Step R into a 1/8 turn L (6:00)

## **STEP L, ROCK R, RECOVER L, STEP R, ROCK L, RECOVER R**

1,2,3      Step L to L, Rock R behind L, Recover L  
4,5,6      Step R to R, Rock L behind R, Recover R (6:00)

## **STEP L, CROSS R BEHIND L, FULL TURN UNWIND RONDE**

1,2,3      Step L to L, Cross R behind L, Hold  
4,5,6      Unwind full turn to the R finishing with a Ronde to start the dance over (6:00)

**End of dance**