

Pain of A Man

COPPERKNOB
STEPSHEETS

拍數: 72 牆數: 4 級數: Intermediate
編舞者: Tina Chen Sue-Huei (TW) - July 2011
音樂: Nan Ren De Tong Ni Yong Yuan Bu Hui Dong (男人的痛你永遠不會懂) - DJ
Remix



Note of Appreciation – special thanks to Sue-rong Yang and BM Leong.

Intro: 32 counts – start on vocal.

RIGHT LINDY, HEEL TOUCHES, FORWARD

1&2 Cha cha to right side on RLR
3-4 Cross left behind right, recover onto right
5&6& Touch left heel forward, step left together, touch right heel forward, step right together
7&8 Touch left heel forward, step left together, step right forward

ROCKING CHAIR, TRIPLE 1/2 TURN RIGHT, BACK ROCK

1-2 Rock left forward, recover onto right
3-4 Rock left back, recover onto right
5&6 Triple 1/2 turn right on LRL
7-8 Rock right back, recover onto left

RIGHT LINDY, HEEL TOUCHES, FORWARD

1&2 Cha cha to right side on RLR
3-4 Cross left behind right, recover onto right
5&6& Touch left heel forward, step left together, touch right heel forward, step right together
7&8 Touch left heel forward, step left together, step right forward

ROCKING CHAIR, TRIPLE 1/2 TURN RIGHT, BACK, 1/4 TURN RIGHT

1-2 Rock left forward, recover onto right
3-4 Rock left back, recover onto right
5&6 Triple 1/2 turn right on LRL
7-8 Step right back, turning 1/4 right recover onto left

KICK-KICK-COASTER STEP X 2

1-2 Kick right over left, kick right to right side
3&4 Coaster step on RLR
5-6 Kick left over right, kick left to left side
7&8 Coaster step on LRL

FORWARD ROCK, CHASSE 1/4 TURN RIGHT, FORWARD, PIVOT 1/4 TURN RIGHT, CROSS CHA CHA

1-2 Cross right over left, recover onto left
3&4 Chasse 1/4 turn right on RLR
5-6 Step left forward, pivot 1/4 turn right
7&8 Cross cha cha on LRL

SIDE-ROCK-CROSS CHA CHA X 2

1-2 Rock right to right side, recover onto left
3&4 Cross cha cha on RLR
5-6 Rock left to left side, recover onto right
7&8 Cross cha cha on LRL

ROCKING CHAIR X 2

1-2 Rock right forward, recover onto left
3-4 Rock right back, recover onto left
5-6 Rock right forward, recover onto left
7-8 Rock right back, recover onto left

PIVOT 1/2 TURN LEFT, FORWARD CHA CHA, FULL TURN RIGHT, FORWARD CHA CHA

1-2 Step right forward, pivot 1/2 turn left
3&4 Cha cha forward on RLR
5-6 Turning 1/2 right step left back, turning 1/2 right step right forward
7&8 Cha cha forward on LRL

RESTART during walls 3, 5, & 7 after 64 counts omitting the two rocking chairs (counts 57-64) i.e. dance counts 1-56 + 65-72.

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