

# Get off The Pain

拍數: 64      牆數: 2      級數: Intermediate  
編舞者: Søren Kristensen (DK) & Ros Chaplin - November 2011  
音樂: Get Off On the Pain - Gary Allan : (CD: Get off On The Pain)



## 16 Count Intro

### HEEL, TOE, SHUFFLE, HEEL, TOE, SHUFFLE

1-2      Touch Right heel forward, touch Right toe beside Left foot  
3&4      Step forward on Right, step Left beside Right, step forward on Right  
5-6      Touch Left heel forward, touch Left toe beside Right foot  
7&8      Step forward on Left, step Right beside Left, step Left forward

### ½ MONTEREY TURN R, TOE SWITCH, CROSS, SIDE, BEHIND SIDE CROSS

1-2      Touch Right to Right side, Make ½ turn Right stepping Right next to Left  
3&4      Touch Left to Left side, Step Left next to Right, Touch Right to Right side (6:00)  
5-6      Cross Right over Left, Step Left to Left side  
7&8      Cross Right behind Left, Step Left to Left side, Cross Right over Left

### ¼ TURN RIGHT, SHUFFLE FORWARD, ROCK, RECOVER, COASTER STEP

1-2      ¼ turn right stepping back on left, step right to right side (9:00)  
3&4      Step left forward, step right beside left, step left forward  
5-6      Rock forward on right, recover onto left  
7&8      Step Back on right, step left beside right, step right forward

### SKATE FORWARD X2, ROLLING VINE L, BACK ROCK, CHASSE RIGHT

1-2      Skate forward Left, skate forward Right  
3&4      ¼ turn Left stepping Left fwd, ½ turn Left stepping back on Right, ¼ turn Left stepping Left to the side  
5-6      Rock back on Right, Recover onto Left  
7&8      Step Right to Right side, Step Left beside Right, Step Right to Right side

### POINT FWD, POINT LEFT, COASTER STEP, POINT, FWD, POINT RIGHT, STEP, LOCK, STEP

1-2      Point Left fwd, Point Left to Left side  
3&4      Step Back on Left, step Right beside Left, step Left forward  
5-6      Point Right fwd, Point Right to Right side  
7&8      Step fwd on Right, lock Left behind Right, step Right fwd

**Restart at here on Wall 4, step down on Left on &**

### STEP ½ TURN RIGHT, KICK BALL CHANGE, STEP ¼ TURN RIGHT, CROSS SHUFFLE

1-2      Step fwd on Left, ½ turn Right stepping onto Right (3:00)  
3&4      Kick Left fwd, Step Left beside Right, Step Right beside Left  
5-6      Step fwd on Left, ¼ turn R stepping onto Right (6:00)  
7&8      Cross Left over Right, Step Right beside left, Cross Left over Right

### SIDE, TOGETHER, FORWARD SHUFFLE, ¼ TURN, ¼ TURN, CROSS SHUFFLE

1-2      Step Right to Right side, step Left beside Right  
3&4      Step Right fwd, close Left beside Right, step Right fwd

**Restart here on wall 2, step down on Left on &**

5-6      Step Left to side making ¼ turn Right, Making ¼ turn Right to Right side (12:00)  
7&8      Cross Left over Right, step Right to Right side, cross Left over Right

### SIDE, TOUCH WITH SNAP, SHUFFLE ½ TURN L, SIDE, TOUCH WITH SNAP, TOE SWITCHES

1-2 Step Right to Right side, Touch Left beside Right and snap  
3&4 ¼ turn Left stepping Left to Left side, Step Right beside Left, ¼ turn Left stepping fwd on Left  
(6.00)  
5-6 Step Right to Right side, Touch Left beside Right and snap  
7&8 Point Left toe to Left side, Step Left beside Right, Point Right toe to Right side

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