

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
