

# No Pain

拍數: 32      牆數: 4      級數: Novice  
編舞者: Jane Nilsson (SWE) & Matz Nilsson (SWE) - March 2014  
音樂: Pain Pain - Ashley Monroe : (iTunes)



## 16 count intro

### S1: Right & left diagonal steps with heel & toe swivels

1-4            Step right diagonally forward right, swivel left up to right - heel in, toe in, heel in  
5-8            Step left diagonally forward left, swivel right up to left – heel in, toe in, heel in

### S2: Step forward, touch, step back, touch, ½ turn left, ¼ turn left

1-2            Step forward right, touch left beside right  
3-4            Step back left, touch right beside left  
5-6            Step forward right, turn ½ to left  
7-8            Step forward right, turn ¼ to left

### S3: Figure 8 grapevine right

1-2            Step right to right side, cross left behind right  
3-4            Step right ¼ turn, step forward left  
5              Pivot ½ turn right shifting weight to right foot  
6              On ball of right pivot ¼ turn right stepping left to left side  
7-8            Cross right behind left, step left to left side

### S4: Cross, side, heel, together, cross, side, behind, ½ unwind left

1-2            Cross right over left, step left to left  
3-4            Touch right heel diagonally forward, step right beside left  
5-6            Cross left over right, step right to right  
7-8            Cross left behind right, ½ unwind to left (weight ends on left foot)

**TAG: 6 count Tag, happens on wall 2 facing 9 o'clock, on wall 5 facing 12 o'clock and on wall 9 facing 12 o'clock**

### Syncoated jumps, heel bounce x 2

&1&2            Jump feet shoulder width apart, jump feet in (weight on left)  
&3&4            Jump feet shoulder width apart, jump feet in (weight on left)  
&5&6            Raise heels, drop heels down (weight onto left) x 2

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