

No Pain

32 Count, 4 Wall, Improver

Choreographer: Jane & Matz Nilsson (Sweden)

March 2014

Choreographed to: Pain Pain by Ashley Monroe
(160 bpm - 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: happens on **wall 2** facing 9 o'clock, on **wall 5** facing 12 o'clock and on **wall 9** facing 12 o'clock

Tag: Syncopated 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