

Nothin' Stays The Same

56 count, 4 wall, intermediate level

Choreographer: Geri Morrison (UK) Dec 2006

Choreographed to: Used To The Pain by Keith Urban,

Album: Love, Pain & The Whole Crazy Thing

(140 bpm)

32 count intro

Step. Kick. Touch. Reverse Pivot 1/2 Turn Left. Step. Pivot 1/2 Turn Left. Right Shuffle Forward.

- 1-2 Step Forward on Right, Kick Left Forward.
- 3-4 Touch Left toe Back, Make 1/2 Turn Left - Taking Weight on Left.
- 5-6 Step Forward on Right, Pivot 1/2 Turn Left.
- 7&8 Right Shuffle Forward Stepping Right, Left, Right (12 o'clock)

Step. Kick. Touch. Reverse Pivot 1/2 Turn Right. Step. Pivot 1/2 Turn Right. Left Shuffle Forward.

- 1-2 Step Forward on Left, Kick Right Forward.
- 3-4 Touch Right toe Back, Make 1/2 Turn Right - Taking Weight on Right.
- 5-6 Step Forward on Left, Pivot 1/2 Turn Right.
- 7&8 Left Shuffle Forward Stepping Left, Right, Left. (12 o'clock)

Cross. Back. Back Rock. Recover. 2 x 1/4 Turns Left. Right Kick-Ball-Change.

- 1-2 Cross step Right over Left, Step Back on Left.
- 3-4 Rock Back on Right, Recover Weight on Left.
- 5-6 Make a 1/4 Turn Left Stepping Back on Right. Make a 1/4 Turn Left Stepping Left To Left Side.
- 7&8 Kick Right Forward. Step ball of Right beside Left. Step Left in place. (6 o'clock)

****Restart Point****

Full Turn Left (Travelling Forward). Step. Touch. Back. Touch. Right Shuffle Forward.

- 1-2 Make a 1/2 Turn Left Stepping Back on Right, Make a 1/2 Turn Left Stepping Forward on Left.
- 3-4 Step Forward on Right, Touch Left Behind Right.
- 5-6 Step Back on Left, Touch Right in front of Left.
- 7&8 Right Shuffle Forward Stepping Right, Left, Right. (6 o'clock)

1/4 Turn Right. Hold. Back Rock. Recover. Rolling Vine Full Turn Right. Cross.

- 1-2 Make a 1/4 Turn Right Stepping Left to Left side, Hold. (9 o'clock)
 - 3-4 Rock Back on Right, Recover Weight on Left.
 - 5-6 Step Right 1/4 Turn Right, Step Back on Left Making 1/2 Turn Right,
 - 7-8 Step Right to Right Side Making 1/4 Turn Right, Cross step Left over Right. (9 o'clock)
- Easier Option: Counts 5-8 above...5-7 Grapevine Right. 8 Cross step Left over Right.

Side Right. Slide. Back Rock. Recover. Chasse Left. Back Rock. Recover.

- 1-2 Step Right to Right Side, Slide Left Up To Right (Weight on Right)
- 3-4 Rock Back On Left, Recover Weight on Right,
- 5&6 Step Left to Left side, Close Right beside Left, Step Left to Left side.
- 7-8 Rock Back on Right, Recover Weight on Left.

Monterey 1/2 Turn Right. Rocking Chair.

- 1-2 Point Right to Right Side, Make 1/2 Turn Right stepping Right beside Left.
- 3-4 Point Left to Left Side, Step Left Beside Right.
- 5-6 Rock Forward on Right, Recover Weight on Left.
- 7-8 Rock Back on Right, Recover Weight on Left. (3 o'clock)

Restart during the 4th Wall...Dance to Count 24, Then Start the dance again from the Beginning...You will be facing 3 o'clock Wall.
