

Bitter Pill

Phrased, 32 count, 4 wall, Intermediate level
Choreographer: Scott Schrank and Amy Christian
(USA & Singapore) March 2006
Choreographed to: Bitter Pill by Annie Lennox, CD:
Bare

32 count intro, start on main vocal

Dance Sequence: 32-Restart A-32-32-Restart B-32 Through End

- 1-8 Mambo Point, Coaster 1/4 Turn, Mambo 1/2 Turn, Step, Pivot, Hitch**
1&2 Step ball of right forward grinding hip to the right, Recover weight to left, Point right toe right
3&4 Step ball of right behind left foot, While transferring weight to left, make 1/4 turn on ball of left, Step forward on right
5&6 Step ball of left forward grinding hip to left, Recover weight to right starting 1/2 turn left on ball of right, Step slightly forward on left foot
7&8 Step right foot forward, Pivot 1/2 turn left on ball of right while stepping forward left, Hitch right foot up and slightly crossing left leg
(On count 8, raise your left hand above you head)

Restart A Happens Here

- 9-16 Step, Scissor Cross, Side Turn, Mambo Cross Right, Mambo Cross Left**
1-2 Step right foot forward and over left, Rock left foot left
&3 Recover weight to ball of right, Cross left foot over right
&4 Step right foot to right starting 1/4 turn left, Step left foot left (6.00)
5&6 Step right foot over left, Recover weight to left, Step right foot right
7&8 Step left foot over right, Recover weight to right, Step left foot left

Restart B Happens Here

- 17-24 Bump, Bump, 1/4 Turn Bump, Big Step Forward, Bump Back 2X, Step, Tap, Touch**
1&2 Step right foot to right side & bump to the right, Bump left, 1/4 turn left as you bump back and flick left foot
3-4 Take a big step forward on left foot, Drag right foot, next to left foot
5-6 Bump right hip backwards twice while looking over your right shoulder
7&8 Take a big step forward on left foot, Tap right toe, Touch right foot next to left
- 25-32 Side Rock Cross, Side Rock Cross, 1/2 Turn R With Heel Bounces**
1&2 Step right foot to right side, Recover on left foot, Step right foot over left
3&4 Step left foot to left side, Recover on right foot, Step left foot over right
5-8 Hands out at an angle, right hand down, left hand up,(or do shoulder pops). 1/2 turn right, With 4 slight heel bounces, Upper body angling to the right