

## 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

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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