

Pain Killer

32 Count, 4 Wall, Improver

Choreographer: Iliane Raiza van der Graaf (Jan 2015)

Choreographed to: Pain Killer by Little Big Town.,

CD: Pain Killer (80 bpm)

Intro: 16 counts

PRISSY WALKS X2, ANCHOR STEP, ½ TURN LEFT WITH HIPBUMPS X2

- 1 step right in front of left
- 2 step left in front of right
- 3 rock back on right
- & recover onto left
- 4 step back on right
- 5 make ¼ turn left, point left toes to the left side, bump hips left
- & bump hips right
- 6 make ¼ turn left, step forward on left
- 7 make ¼ turn left, point right toes to the right side, bump hips right
- & bump hips left
- 8 make ¼ turn left, step back on right [12:00]

MAMBO STEP BACK, MAMBO STEP FORWARD, MAMBO STEP LEFT, MAMBO STEP RIGHT

- 9 rock back on left
- & recover onto right
- 10 small step forward on left
- 11 rock forward on right
- & recover onto left
- 12 small step back on right
- 13 rock left to the left side
- & recover onto right
- 14 step left next to right
- 15 rock right to the right side
- & recover onto left
- 16 step right next to left

PADDLE ¼ TURN RIGHT X3, CROSS, SIDE STEP, POINT, SIDE STEP, POINT

- 17 step forward on left
- & pivot ¼ turn right
- 18 step forward on left
- & pivot ¼ turn right
- 19 step forward on left
- & pivot ¼ turn right
- 20 cross left over right
- 21 step right to the right side
- 22 touch left toes diagonally left forward
- 23 step left to the left side
- 24 touch right toes diagonally right forward [9:00]

BEHIND, SIDE STEP, CROSS, SIDE STEP, BEHIND, HITCH, BEHIND, SIDE STEP, CROSS, SIDE STEP, CROSS, HITCH

- 25 cross right behind left
 - & step left to the left side
 - 26 cross right over left
 - & step left to the left side
 - 27 cross right behind left
 - 28 hitch left [9:00]
 - 29 cross left behind right
 - & step right to the right side
 - 30 cross left over right
 - & step right to the right side
 - 31 cross left over right
 - 32 hitch right [9:00]
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TAG 1: Add the following 8 counts at the end of wall 4, start again.

MAMBO STEP FORWARD, MAMBO STEP BACK, MAMBO STEP RIGHT, MAMBO STEP LEFT

- 1 rock forward on right
- & recover onto left
- 2 small step back on right
- 3 rock back on left
- & recover onto right
- 4 small step forward on left
- 5 rock right to the right side
- & recover onto left
- 6 step right next to left
- 7 rock left to the left side
- & recover onto right
- 8 small step forward on left