

My Pain Killer

INTERMEDIATE

64 Count 4 Walls

Choreographed by: Sandra Speck

Choreographed to: Pain Killer by Little Big Town

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- 1 BACK ROCK TOE STRUT, FORWARD ROCK BACK STRUT**
1 - 4 Rock back on right foot, recover on to left, step forward on right toe, drop heel to floor
5 - 8 Rock forward on left foot, recover on to right foot, step back on left toe, drop heel to floor
- 2 COASTER STEP HITCH, JAZZ BOX 1/4 CROSS**
1 - 4 Step back on right foot, close left next to right, step forward on right foot, hitch left knee next to right
5 - 8 Cross left foot over right, step back on right foot, turn 1/4 left stepping left to side, cross right foot over left
- 3 SIDE TOUCH, SCISSOR STEP, 2 X 1/4 TURN RIGHT**
1 - 4 Step left to side, touch right next to left, step right foot to side, close left foot next to right
5 - 6 Cross right foot over left, hold for one count
7 - 8 Turn 1/4 right stepping back on left, turn 1/4 right stepping right foot to side
- 4 CROSS ROCK 1/4 TURN, FULL TURN, 1/4 SIDE DRAG**
1 - 2 Cross rock left foot over right, recover on to right foot
3 - 4 Turn 1/4 left stepping forwards on left foot, hold for one count
5 - 6 Turn 1/2 left stepping back on right foot, turn 1/2 left stepping forwards on left foot
7 - 8 Turn 1/4 left stepping right foot to side, drag left foot towards right foot
- 5 BACK ROCK SIDE TOUCH, SIDE SWIVEL LEFT FOOT, HEEL TOE, HEEL**
1 - 2 Rock back on to left foot, recover on to right foot
3 - 4 Step left to side, touch right next to left
5 - 8 Step right foot to side, swivel left heel in towards right foot, swivel left toe in, swivel left heel in
- 6 SWIVEL HEELS, TOES, HEELS 1/4 TURN, BACK ROCK 1/2 TURN**
1 - 2 Swivel both heels to the left, swivel both toes to the left
3 - 4 Swivel heels to left as you make 1/4 turn right, hold for one count
5 - 6 Rock back on to right foot, recover on to left
7 - 8 Turn 1/2 left stepping back on right foot, hold for one count
- 7 BACK ROCK 1/4 TURN, TRIPLE FULL TURN RIGHT**
1 - 4 Rock back on to left foot, recover on to right foot, turn 1/4 right stepping left to side, hold for one count
5 - 6 Make 1/2 turn right stepping forward on right foot, make 1/2 turn right on ball of right stepping left next to right
7 - 8 Step forward on right foot, hold for one count
- 8 HITCH STEP, HITCH TOUCH, HITCH BACK, HITCH BACK**
1 - 4 Hitch left knee next to right, step forward on left foot, hitch right knee next to left, touch right toe forward
5 - 8 Hitch right knee next to left, step back on right foot, hitch left knee next to right, step back on left foot
- TAG (End of wall 4, facing 12 o'clock)**
- ROCK BACK TURN 1/2 X 2**
1 - 4 Rock back on to right foot, recover on to left, turn 1/2 left stepping back on right foot, hold for one count
5 - 8 Rock back on left foot, recover on to right foot, turn 1/2 right stepping back on left foot, hold for one count
- TRIPLE FULL TURN RIGHT, ROCK FORWARD, BACK STRUT**
1 - 2 Make 1/2 turn right stepping forward on right foot, make 1/2 turn right on ball of right stepping left next to right
3 - 4 Step right foot slightly forward, hold for one count
5 - 8 Rock forward on to left foot, recover on to right foot, step back on left toe, drop heel to floor.
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