

Painkiller

64 Count, 4 Wall, Intermediate

Choreographer: Robbie McGowan Hickie (UK) Nov 2015

Choreographed to: Painkiller by Jason Derulo,
ft. Meghan Trainor. CD: Everything Is 4 (128 bpm)

16 Count intro

- S1:** **Long Step Left. Drag. Ball-Cross. Side Step Right. Back Rock. Left Shuffle 1/2 Turn Right.**
1 – 2 Long step Left to Left side. Drag Right beside Left. (Weight on Left)
& 3 – 4 Step Right beside Left. Cross step left over Right. Step Right to Right side.
5 – 6 Rock back on Left. Rock forward on Right.
7&8 Left shuffle making 1/2 turn Right stepping Left. Right. Left. (Facing 6 o'clock)
- S2:** **1/4 Turn Right. Drag. Ball-Cross. Point. Step Forward. 1/2 Turn Left. 1/4 Turn Chasse Left.**
1 – 2 Make 1/4 turn Right stepping Right Long step to Right side. Drag Left beside Right. (Weight on Right)
& 3 – 4 Step Left beside Right. Cross step Right over Left. Point Left toe out to Left side. (Facing 9 o'clock)
5 – 6 Step forward on Left. Make 1/2 turn Left stepping back on Right.
7&8 Make 1/4 turn Left stepping Left to Left side. Close Right beside Left. Step Left to Left side.
- S3:** **Diagonally Forward. Tap. Step Back. 1/2 turn Right. Diagonally Forward. Tap. Step Back. 1/2 Turn Left.**
1 – 2 Step Right Diagonally forward Left. Tap Left toe behind Right heel-Bending knees and Dip Down.
3 – 4 Step back on Left. Make 1/2 turn Right stepping forward on Right. (Facing 4.30)
5 – 6 Step forward on Left. Tap Right toe behind Left heel – Bending knees and Dip Down.
7 – 8 Step back on Right. Make 1/2 turn Left stepping forward on Left. (Facing 10 o'clock)
- S4:** **Cross Rock. Chasse Right. Cross. Side. Left Sailor 1/4 Turn Left.**
1 – 2 Cross rock Right over Left. Rock back on Left.
3&4 Step Right to Right side. Close Left beside Right. Step Right to Right side. (Facing 12 o'clock)
5 – 6 Cross step Left over Right. Step Right to Right side.
7&8 Cross Left behind Right making 1/4 turn Left. Step Right beside Left. Step Left to Left side.
- S5:** **Cross Rock. 2 x 1/4 Turns Right. Back Rock. 1/4 Turn Left. 1/2 Turn Left.**
1 – 2 Cross rock Right over Left. Rock back on Left. (Facing 9 o'clock)
3 – 4 Make 1/4 turn Right stepping forward on Right. Make 1/4 turn Right stepping Left to Left side.
5 – 6 Rock back on Right. Rock forward on Left.
7 – 8 Make 1/4 turn Left stepping back on Right. Make 1/2 turn Left stepping forward on Left.
- S6:** **Forward Rock. & Out. Hold. & Cross. Unwind 1/2 Turn Right. Right Coaster Cross.**
1 – 2 Rock forward on Right. Rock back on Left. (Facing 6 o'clock)
& 3 – 4 Jump Right back and out to Right side. Step Left out to Left side. Hold.
& 5 – 6 Step Right beside Left. Cross step Left over Right. Unwind 1/2 turn Right (Weight on Left)
7&8 Step back on Right. Step Left beside Right. Cross step Right over Left. (Facing 12 o'clock)
- S7:** **Chasse 1/4 Turn Left. Step. Pivot 3/4 Turn Left. Side Step Right. Behind. & Heel Jack. Hold.**
1&2 Step Left to Left side. Close Right beside Left. Make 1/4 turn Left stepping forward on Left.
3 – 4 Step forward on Right. Pivot 3/4 turn Left.
5 – 6& Step Right to Right side. Cross Left behind Right. Step ball of Right to Right side and Slightly back.
7 – 8 Dig Left heel Diagonally forward Left. Hold. (Facing 12 o'clock)
- S8:** **& Cross. Left Side Rock. Recover 1/4 Right. Step Forward. Cross. Back. Side Step Right. Flick Behind.**
& 1 Step Left beside Right. Cross step Right over Left.
2 – 4 Rock Left out to Left side. Recover on Right making 1/4 turn Right. Step forward on Left.
5 – 6 Cross step Right over Left. Step back on Left.
7 – 8 Long step Right to Right side. Flick Left heel up behind Right leg. (Facing 3 o'clock)

Start Again

- Tag: (End of Wall 5) Side Step Left. Touch (with Knee Pop). Side Step Right. Touch (with Knee Pop).**
1 – 2 Step Left to Left side. Touch Right toe beside Left – Popping Right knee in. (Facing Left Diagonal)
3 – 4 Step Right to Right side. Touch Left toe beside Right – Popping Left knee in. (Facing Right Diagonal)
Start the Dance again from the Beginning (Facing 3 o'clock)
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