













Choreographer: Adrian Churm (UK)
Choreographed to: Thank God For Pain by Big & Rich

Sec1 1 2&3 4&5 &6&7 8&	Forward, cross, back, side, back rock, recover, ¼ turn, hitch turn, side rock. Step right foot forward. Cross left foot over right, step right foot back, step left foot to the side. Rock right foot back behind left, recover on to left, ¼ turn right step right forward. ¼ turn right hitch left knee, step left across right, step right to the side, step left across right. Rock right foot to the side, recover onto left,
Sec 2 1& 2&3 4&5 6&7 8&	Step behind, sweep into sailor ¼ turn, ¼ turn, step across, ¾ turn right, forward rock. Step right behind left, sweep left around to the left side (preparing for the sailor ¼ turn) Making a ¼ turn left stepping left behind right, step right to the side, small step forward left. Step forward right, ¼ turn left, step right across left ¼ turn right left foot back, ½ turn right step right foot forward, step left foot forward. Rock right foot forward, recover back onto left.
Sec 3 1 2&3 4&5 6&7 8&1	Step back, run back, coaster step, scissor step, start reverse rumba box with turn Large step back with right (allow left to draw in slightly). Run back left, right, left (small steps) Step right foot back, close left next to right, step right foot forward. Step left foot to the side, close right next to left, step left foot across right Step right foot to the side, close left next to right, 1/8th turn left step right foot back.
<b>Sec 4</b> 2&3 4&5	Continue rumba box with turn, triple turn, rock recover, ¼ turn, ½ turn hook, shuffle Step left foot to the side, close right next to left, 1/8th turn left step left foot forward.
6&7 &8&1 <b>Note</b>	Step right foot forward, ½ turn left (weight ends on left), ½ turn left right foot ends back. Rock left foot back, recover forward onto right, ¼ turn right left foot to the side. ½ turn right as you hook right across left shin, shuffle forward right, left, right. The last step is also the first step of the dance.
6&7 &8&1	Rock left foot back, recover forward onto right, ¼ turn right left foot to the side. ½ turn right as you hook right across left shin, shuffle forward right, left, right.