

Growing Pains



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Choreographed by: Peter Jones (UK) & Anna Jones (UK) Feb 2023

Choreographed to: Growing Pains by Breland

Intro: 8 Counts. Start at approx 6 secs.

Remember to Vote for your favourite dances in the Linedancer Charts.

SEC 1	SIDE TOUCHES, SIDE, TOGETHER, FORWARD, TOUCH
1-2	Step R To R Side, Touch L Next To R
3-4	Step L To L Side, Touch R Next To L
5-6	Step R To R Side, Step L Next To R
7-8	Step Forward On R, Touch L Next To R
SEC 2	SIDE TOUCHES, SIDE, TOGETHER, BACK, HITCH
1-2	Step L To L Side, Touch R Next To L
3-4	Step R To R Side, Touch L Next To R
5-6	Step L To L Side, Step R Next To L
7-8	Step Back On L, Hitch R Knee
SEC 3	COASTER STEP, SCUFF, LOCK STEP FORWARD, SCUFF
1-2	Step Back On R, Step L Next To R
3-4	Step Forward On R, Scuff L Next To R
5-6	Step Forward On L, Step R Behind L
7-8	Step Forward On L, Scuff R Next To L
SEC 4	STEP, PIVOT 1/4, CROSS, HOLD, COASTER STEP, HOLD
SEC 4 1-2	STEP, PIVOT 1/4, CROSS, HOLD, COASTER STEP, HOLD Step Forward On R, Pivot 1/4 L On L (9:00)
1-2	Step Forward On R, Pivot ½ L On L (9:00)

