

IT LOOKS LIKE PAIN

www.gudrun-schneider.com - gudrun@gudrun-schneider.com

Choregraphe Gudrun Schneider

Niveau : 64/4 intermediaire

Musique : It Looks Like Pain - Chris Cummings

Album : Lonesomeville

Rythme : Two step

Danse soumise par: **Inter-Clubs Country du Grand Est**

ICCGE 2014-2015 Danse traduite

The dance starts after 16 counts.

S:1 Rock across, rock side, behind side cross, hold

1-2 Cross right over left, recover on left Rock (12:00)

3-4 Rock right to the right side, recover on left

5-6 Cross right behind left, step left to left side

7-8 Cross right over left, hold

S:2 Side-together-step-touch, rocking chair

1-2 Step left to left side, step right next to left

3-4 Step forward on left, touch right next to left

5-6 Rock forward right, recover on left

7-8 Back rock right, recover on left

S:3 ¼ turn l-Step r, touch, ¼ turn l-step forward l, hold, ½ turn l-back r-hold, back l, close

1-2 ¼ Turn left - Step right to right side, touch left next to right (9.00)

3-4 ¼ Turn left - Step left forward - hold(6.00)

5-6 ½ Turn left - Step back right - hold (12.00)

7-8 Step back left, step right next to left

S:4 Rocking chair, step look step, touch

1-2 Rock forward left, recover on right

3-4 Back rock left, recover to right

5-6 Step forward left, lock right behind left

7-8 Step forward left, touch right next to left

S:5 Side-touch, ¼ turn l-side-touch, ¼ turn r-side-touch, ¼ turn l-side-touch,

1-2 Step right to right side, touch left next to right

3-4 ¼ turn l-step left to left side, touch right next to left (9.00)

5-6 ¼ turn l-step right to right side, touch left next to right (6.00)

7-8 ¼ turn l-step left to left side, touch right next to left (3.00)

Restart: On wall 3 after 40 counts, facing 9 o'clock.

S:6 Rock across, side, hold, rock across, side, hold

1-2 Cross right over left, recover to left

- 3-4** Step right to right side, hold
- 5-6** Cross left over right, recover to right
- 7-8** Step left to left side, hold

S:7 Rock step, ½ turn r, step forward, hold, step turn step, hold

- 1-2** Rock forward right, recover to left
- 3-4** ½ turn right stepping forward on right, hold (9.00)
- 5-6** Step forward on left, ½ turn right (3.00)
- 7-8** Step forward on left, hold

S:8 Slow coaster forward, hold, slow coaster step l, hold

- 1-2** Step forward on right, step left next to right
- 3-4** Step back on right, hold
- 5-6** Step back on left, step right next to left
- 7-8** Step forward on left, hold **Have fun!**