Painkiller

Count: 64	**Wall:** 4	**Level:** Intermediate

Choreographer: Robbie McGowan Hickie (UK) - November 2015

Music: "Painkiller" by Jason Derulo (Feat. Meghan Trainor) CD: "Everything Is 4" (128 bpm)

Music Also available on Download from iTunes & www.amazon.co.uk

#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)