

USED TO THE PAIN

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Count: — Wall: — Level: —

Choreographer: Thomas Wagner

Music: Used To The Pain by Keith Urban

Sequence: AABC, AB, AB, A

PART A

ROCK BACK, SHUFFLE FORWARD, PIVOT TURN $\frac{1}{2}$ LEFT, FULL TURN LEFT

1-2 Rock back on left foot, recover on right foot

3&4 Step left foot forward, step right foot next to left foot, step left foot forward

5-6 Step right foot forward, $\frac{1}{2}$ turn to the left

7-8 $\frac{1}{2}$ turn to the left stepping right foot forward, $\frac{1}{2}$ turn to the left stepping left foot back

SIDE ROCK, WAVE, SIDE ROCK, WAVE

1-2 Rock right foot to the right side, recover on left foot

3&4 Cross right foot behind left foot, step left foot to the left side, cross right foot over left foot

5-6 Step left foot to the left side, recover on right foot

7&8 Cross left foot behind right foot, step right foot to the right side, cross left foot over right foot

PIVOT TURN $\frac{1}{4}$ LEFT, CROSSING SHUFFLE, TURN $\frac{1}{2}$ RIGHT, SHUFFLE FORWARD

1-2 Step right foot forward, $\frac{1}{4}$ turn to the left

3&4 Cross right foot over left foot, step left foot behind right foot, step right foot forward

5-6 $\frac{1}{4}$ turn right stepping left foot to the left side, $\frac{1}{4}$ turn right stepping right foot back

7&8 Step left foot forward, step right foot next to left foot, step left foot forward

ROCK STEP, TRIPLE TURN $\frac{1}{2}$ RIGHT, TRIPLE TURN $\frac{1}{2}$ RIGHT, COASTER STEP

1-2 Rock on right foot, recover on left foot

3&4 $\frac{1}{4}$ turn right stepping right foot to the right side, step left foot next to right foot, $\frac{1}{4}$ turn right stepping right foot forward

5&6 $\frac{1}{4}$ turn right stepping left foot forward, step right foot next to left foot, $\frac{1}{4}$ turn right stepping left foot to the left side

7&8 Step right foot back, step left foot next to right foot, step right foot forward

PIVOT TURN $\frac{1}{2}$ RIGHT, PIVOT TURN $\frac{1}{4}$ RIGHT, CROSSING SHUFFLE, PIVOT TURN $\frac{1}{4}$ LEFT

1-2 Step left foot forward, $\frac{1}{2}$ turn right

3-4 Step left foot forward, $\frac{1}{4}$ turn right

5&6 Cross left foot over right foot, step right foot behind left foot, step left foot forward

7-8 Step right foot forward, $\frac{1}{4}$ turn left

SHUFFLE FORWARD, SHUFFLE FORWARD, ROCK STEP, TRIPLE TURN $\frac{3}{4}$ RIGHT

1&2 Step right foot forward, step left foot next to right foot, step right foot forward

3&4 Step left foot forward, step right foot next to left foot, step left foot forward

5-6 Rock on right foot, recover on left foot

7&8 $\frac{1}{2}$ turn right stepping right foot forward, step left foot next to right foot, $\frac{1}{4}$ turn right stepping right foot forward

SIDE ROCK, JAZZ BOX, POINTS RIGHT & LEFT, CROSS TURN $\frac{1}{2}$ LEFT

1-2 Rock left foot to the left side, recover on right foot

3&4 Cross left foot over right foot, step right foot to the right side, step left foot next to right foot

5&6& Touch right toe to the right side, step right foot next to left foot, touch left toe to the left side, step left foot next to right foot

7-8 Cross right foot over left foot, $\frac{1}{2}$ turn left (weight on right foot)

PART B

ROCK BACK, CHASSÉ LEFT, ROCK BACK, CHASSÉ RIGHT WITH $\frac{1}{4}$ TURN RIGHT

1-2 Rock back on left foot, recover on right foot

3&4 Step left foot to the left side, step right foot next to left foot, step left foot to the left side

5-6 Rock back on right foot, recover on left foot

7&8 Step right foot to the right side, step left foot next to right foot, $\frac{1}{4}$ turn right stepping right foot forward

CROSS STEP, STEP BACK, LOCK STEPS BACK, ROCK BACK, POINTS RIGHT & LEFT

- 1-2** Cross left foot over right foot, step right foot back
- 3&4** Step left foot back, cross right foot over left foot, step left foot back
- 5-6** Rock back on right foot, recover on left foot
- 7&8&** Touch right toe to the right side, step right foot next to left foot, touch left toe to the left side, step left foot next to right foot

ROCK STEP, COASTER STEP, PIVOT TURN $\frac{1}{2}$ RIGHT, PIVOT TURN $\frac{1}{4}$ RIGHT

- 1-2** Rock on right foot, recover on left foot
- 3&4** Step right foot back, step left foot next to right foot, step right foot forward
- 5-6** Step left foot forward, $\frac{1}{2}$ turn right
- 7-8** Step left foot forward, $\frac{1}{4}$ turn right

ROCK STEP, COASTER STEP, ROCK STEP, TRIPLE TURN $\frac{3}{4}$ RIGHT

- 1-2** Rock on left foot, recover on right foot
- 3&4** Step left foot back, step right foot next to left foot, step left foot forward
- 5-6** Rock on right foot, recover on left foot

7&8 $\frac{1}{2}$ turn right stepping right foot forward, step left foot next to right foot, $\frac{1}{4}$ turn right stepping right foot forward

CHASSÉ LEFT, CHASSÉ RIGHT WITH $\frac{1}{4}$ TURN RIGHT, PIVOT TURN $\frac{1}{4}$ RIGHT, CROSS SIDE TURN $\frac{1}{2}$ LEFT

- 1&2** Step left foot to the left side, step right foot next to left foot, step left foot to the left side
- 3&4 $\frac{1}{4}$ turn right stepping right foot to the right side, step left foot next to right foot, step right foot to the right side**
- 5-6** Step left foot forward, $\frac{1}{4}$ turn right
- 7&8** Cross left foot over right foot, $\frac{1}{4}$ turn left stepping right foot back, $\frac{1}{4}$ turn left stepping left foot forward

SHUFFLE FORWARD, ROCK STEP, SAILOR TURN $\frac{1}{4}$ LEFT, PIVOT TURN $\frac{1}{4}$ RIGHT

- 1&2** Step right foot forward, step left foot next to right foot, step right foot forward
- 3-4** Rock on left foot, recover on right foot

5&6¹/₄ turn left stepping left foot back, step right foot to the right side, step left foot on place

7-8 Step right foot forward, ¹/₄ turn left

SHUFFLE FORWARD, SHUFFLE FORWARD, ROCK STEP, TRIPLE TURN ³/₄ RIGHT

1&2 Step right foot forward, step left foot next to right foot, step right foot forward

3&4 Step left foot forward, step right foot next to left foot, step left foot forward

5-6 Rock on right foot, recover on left foot

7&8¹/₂ turn right stepping right foot forward, step left foot next to right foot, ¹/₄ turn right stepping right foot forward

SIDE ROCK, WAVE, SIDE ROCK, WAVE

1-2 Rock left foot to the left side, recover on right foot

3&4 Cross left foot behind right foot, step right foot to the right side, cross left foot over right foot

5-6 Rock right foot to the right side, recover on left foot

7&8 Cross right foot behind left foot, step left foot to the left side, cross right foot over left foot

PART C

POINTS LEFT & RIGHT, ROCK STEP, COASTER STEP, PIVOT TURN ¹/₂ LEFT

1&2& Touch left toe to the left side, step left foot next to right foot, touch right toe to the right side, step right foot next to left foot

3-4 Rock on left foot, recover on right foot

5&6 Step left foot back, step right foot next to left foot, step left foot forward

7&8 Step right foot forward, ¹/₂ turn left stepping left foot on place, step right foot forward

POINTS LEFT & RIGHT, ROCK STEP, COASTER STEP, SHUFFLE FORWARD

1&2& Touch left toe to the left side, step left foot next to right foot, touch right toe to the right side, step right foot next to left foot

3-4 Rock on left foot, recover on right foot

5&6 Step left foot back, step right foot next to left foot, step left foot forward

7&8 Step right foot forward, step left foot next to right foot, step right foot forward

TAG

You dance this part in Part A at fourth time after 5th sequence

WALKS, ROCK STEP, TURN $\frac{3}{4}$ RIGHT

- 1-2 Step right foot forward, hold
- 3-4 Step left foot forward, hold
- 5-6-7 Rock on right foot, recover on left foot, $\frac{3}{4}$ turn right stepping right foot forward
- 8 Hold

SIDE ROCK, BEHIND SIDE CROSS

- 1-2 Rock on left foot to the left side, hold
- 3-4 Recover on right foot, hold
- 5-6-7 Cross left foot behind right foot, step right foot to the right side, cross left foot over right foot
- 8 Hold

PIVOT TURN $\frac{1}{4}$ LEFT, SHUFFLE FORWARD

- 1-2 Step right foot forward, hold
- 3-4 $\frac{1}{4}$ turn left, hold**
- 5-6-7 Step right foot forward, step left foot next to right foot, step right foot forward
- 8 Hold

TURN $\frac{1}{2}$ RIGHT, TURN $\frac{3}{4}$ RIGHT, SIDE ROCK

- 1-2 $\frac{1}{2}$ turn right stepping left foot back, hold**
- 3-4 $\frac{3}{4}$ turn right stepping right foot forward, hold**
- 5-6 Rock on left foot to the left side, hold
- 7-8 Recover on right foot, hold