

Kind Of Pain

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Count: 32 **Wall:** 4 **Level:** Intermediate NC

Choreographer: Astrid Kaeswurm & Robert Hahn – May 2020

Music: Tammy Wynette Kind of Pain by Reba McEntire

Intro: 16 Counts

Tag: Add 16 counts after wall 2, wall 4 & wall 5

[1-8] NC Basic Left, NC Basic With 1/2 Turn Right, Full Turn Forward Right, Rock Step

- 1 Step right to right side
- 2 & 3 Close left behind left, step right across right, step left to left side
- 4 & 5 Close right behind right, step left across left, make a ¼ turn left step right back while sweep left foot around (face 3:00)
- 6 & 7 Make a ¼ turn left and step left forward (face 6:00), make ½ turn left and step right back, make a ½ turn left and step left forward (face 6:00)
- 8 & Step right forward, recover weight back onto right

[9-16] Walks Back With Sweeps (2x), Sailor Steps (2x), Behind, ¼ Turn Right, Step Side, Follow Through

- 1& Step right back and sweep left from front to back
- 2 Step left back and sweep right from front to back
- 3 & 4 Step right behind right, step left to left side, step right slightly to right side
- 5 & 6 Step left behind left, step right to right side, step left slightly to left side
- 7 & 8 Step right behind right, make a ¼ turn left and step left forward (face 9:00), step right to right side and sway left
- & Close L to R foot

[17-24] 3/8 Diamond Walk, Step ½ Turn Left, Step Forward (Prep), Full Turn Forward

- 1 Step left to left side
- 2 & 3 Make a 1/8 turn right and step right diagonal back (face 7:30), step left back, make a 1/8 turn right and step right to right side (face 6:00)
- 4 & 5 Make a 1/8 turn right and step left diagonal forward (face 4:30), step right forward, step left forward

- 6 - 7 Make a ½ turn right and recover weight forward onto right (face 10:30), step left forward
- 8 & Make a ½ turn left and step right back, make a ½ turn left and step left forward (face 10:30)

[25-32] Rock Step & Rock Step & Rock Step Back & Step Hitch, 3/8 Turn Left, Step Cross

- 1 Step right forward (face 10:30)
- 2 & 3 Recover weight back onto right, step right to right side (face 9:00), step left forward to right diagonal (face 7:30)
- 4 & 5 Recover weight back onto left, step left next to left, step right back (face 7:30)
- 6 & 7 Recover weight forward onto right, step right forward and hitch left knee up (face 7:30), make a 3/8 turn right (face 3:00)
- 8 Step left across left

... start again ?

Tag: Add the following steps at the end of wall 2, wall 4 and wall 5

[1-8] NC Basic Left with ½ Turn Left & Side Cross (2x)

- 1 Step right to right side
- 2 & 3 Close left behind left, step right across right, make a ¼ turn right and step left back (face 9:00)
- 4 & 5 Make a ¼ turn right and right to right side (face 6:00), step left across left, step right to right side
- 6 & 7 Close left behind left, step right across right, make a ¼ turn right and step left back (face 3:00)
- 8 & Make a ¼ turn right and right to right side (face 12), step left across left

[9-16] Full Diamond Walk

- 1 Step right to right side
- 2 & 3 Step left back to right diagonal (face 1:30), step right back, step left to left side (face 3:00)
- 4 & 5 Step right forward to left diagonal (face 4:30) step left forward, step right to right side (face 6:00)
- 6 & 7 Step left back to right diagonal (face 7:30), step right back, step left to left side (face 9:00)

8 & [1}Step right forward to left diagonal (face 10:30) step left forward, [step right to right side (face 12:00)]

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Source: LineDance.com — https://www.linedance.com/index.php?f=dance_view&id=142551